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COMMISSION OF INQUIRY INTO THE  
USE OF DRUGS AND BANNED PRACTICES  
INTENDED TO INCREASE ATHLETIC PERFORMANCE

B E F O R E:

THE HONOURABLE MR. JUSTICE CHARLES LEONARD DUBIN

HEARING HELD AT 1235 BAY STREET,  
2nd FLOOR, TORONTO, ONTARIO,  
ON WEDNESDAY, MARCH 1, 1989

VOLUME 20



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OSCAR SALA	on behalf of David and Andrea Steen
C. ASHBY MS. S. HICKLING	on behalf of Bishop Dolegiewicz



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--- Upon resuming.

THE COMMISSIONER: All right.

THE REGISTRAR: All right. Can we have the cameras out now, please. Cameras out, please.

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THE COMMISSIONER: I want those cameras back. Back, please.

Mr. Armstrong.

MR. ARMSTRONG: Thank you, Mr. Commissioner.

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CHARLES FRANCIS: Recalled

DIRECT EXAMINATION BY MR. ARMSTRONG: (Cont'd)

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Q. Now, Mr. Francis based upon the evidence that we heard yesterday, you have been involved in track and field since 1964 at least, and I wanted to ask you when first became aware that the use of anabolic steroids was a factor in track and field?

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A. Well, when I went to university at Stanford it became commonly discussed among throwing athletes and so on. However, I never heard it referred to in regards to other track and field events at that time.

25

Q. All right. And were you in a position when you were in the United States, in the university circuit, as it were, to make any particular observations about the throwing athletes that led you to any



conclusions?

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A. Well, as you can understand, anabolic steroids were not really banned from international sport until 1975. So, you know, there was much more open discussion about substances like this at the time. So certainly the throwers made no bones about the fact that they were using anabolic steroids and that they were necessary in their events to compete at the highest levels.

10

Q. Now you used the description "throwers" which since I have been involved in this I know what it is but perhaps everybody doesn't know. Who are the throwers?

A. Well, actually shot-putters and discuss throwers.

15

Q. Hammer throwers?

A. You have to understand when I first went to university, I don't even believe the hammer was on the program until later years.

THE COMMISSIONER: What about javelin?

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THE WITNESS: Javelin, I didn't really know any javelin throwers in particular who I would have had occasion to talk to during that period.

BY MR. ARMSTRONG:

25

Q. So when you are talking about the



throwers back in the late sixties, early seventies when you were at Stanford, you are really talk about the discus and the shot?

A. Yes.

5

Q. All right. But when we go through your evidence, and we get to later years and we talk of throwers, we are probably I expect talking about both the hammer throw and javelin as well, are we?

10

A. Absolutely, but you have to understand that at the NCCA level, the hammer and javelin were at such a low level in the -- even up to the early seventies, that it really didn't exist in an international scope compared to the Europeans. However, probably because of coaching and so on, but the shot and discus were at world record levels in America.

15

Q. Now, we learned from your evidence yesterday that you attended the Olympic games in 1972 in Munich as a member of Canadian team. Did you hear or see any evidence concerning the use of anabolic steroids in Munich in 1972?

20

A. Yes. There was extensive use there, it became very apparent. In fact, it became quite depressing when it became clear what indeed was going on.

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Just in my time in the Olympic village I met an American hurdler who approached me and asked me if I



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was taking anabolic steroids at the time. And I said "no". And he asked me if I was crazy and said why not. I said "well, can't they test for all these things and so on." Anyway he said, "no, certainly not". At that time, they had no tests, you know I was completely ignorant on the subject of how the whole thing worked.

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In fact we had a long conversation about it. He mentioned how important it was in sprinting events and hurdle events. And further during our discussions, we went back to a dormitory room with a New Zealand national team and we witnessed an exchange of drugs between an American discus thrower, and who in fact held the world record, and a New Zealand shot-putter. The discus thrower asking the shot-putter if he had any more Dianabol tablets because he had run out. He then passed him a bottle of tablets and he took some in my presence and then took the rest of the bottle with him

20

Q. All right. Now, Dianabol is a drug that I expect we are going to hear a fair bit about during the course of this Inquiry. Is Dianabol an anabolic steroid?

A. Yes, it is.

THE COMMISSIONER: We heard a great deal about it in Montreal with weightlifters.

25



BY MR. ARMSTRONG:

Q. All right.

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A. It's really the initial anabolic steroid. It was brought out in 1955 and has been commonly used throughout the world. It's probably the best known of all the anabolic steroids.

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Q. All right. Then after the Olympics in Munich in 1972 when you returned to Canada, did you have occasion to come into possession of any more information about the use of anabolic steroids in track and field?

15

A. Yes. There was several incidents. The first one I ran across a study which had been done in the Soviet Union. This study basically showed -- had done research with rats in cylinders filled with water with slick sides so that the rats couldn't get out and they were exercised to the point of death, in actual fact where psychological elements would obviously be removed. And they gave them varying dosages of Dianabol to determine the appropriate amount that could be used to improve the performance.

20

And they came to a conclusion of .5, 0.5 milligrams per kilo of body weight as an optimal amount.

25

Additionally, I met a friend who had met a Soviet javelin thrower and had had discussions with him about his program and another Soviet sprinter who is



5

well-known as an Olympic champion. They had trained together and had both been on a program consisting of 35 milligrams per day of Dianabol, which would coincide approximately with this figure of .5 milligrams per kilo of body weight.

THE COMMISSIONER: .05?

THE WITNESS. .05 -- I am sorry, 0.5, half a milligram per kilo of body weight.

10

MR. ARMSTRONG:

Q. And during this period did you ever become aware of any information that was available that would suggest whether or not the use of anabolic steroids in fact did increase strength or athletic performance?

15

A. I ran across a number of studies. They were very conflicting in their results ranging from a study done at the American university which showed favourable response from 10 milligrams of Dianabol to a study from a British university which showed no response from a 100 milligrams of Dianabol per day.

20

This indicated to me that the real factor in the response was indeed the selection of training tasks in relation to the use of anabolic steroids it was simply not enough to continue on doing the same thing, the same amount of work and expecting the steroid to make any

25



difference. They required more work.

Q. All right. Now, did you, post the Munich Olympics in 1972, come into any information about what was happening in Asia, for example?

5

A. Well, there was a prominent Asian woman sprinter who competed in the United States, ran at world record levels, and the word via two coaches removed was this athlete was using 5 milligrams of Dianabol per day throughout the season.

10

Q. All right.

A. Without any cycling.

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Q. I take it that initially the information that you got at Stanford was that steroids were used by the throwers in what I might describe as the power or strength events. And initially at it didn't dawn on you that steroids would be used in the speed events such as sprinting?

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A. Well, the main emphasis on the throwers, they kept talking about how wanted to get bigger and so forth. I certainly didn't see how that was of value in a sprint. You -- obviously there was no point in being a 270-pound sprinter so I couldn't imagine why it would be such a big factor. I would have thought of other --

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Q. I take it from what you have now said



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however that you began to come into possession of information from the discussions which you had in Munich and post-Munich that indeed the use of Dianabol in particular, and anabolic steroids in general, may well have some useful purpose in regard to enhancing the performance of a sprinter?

A. Yes.

10

Q. And if I can ask you to cast your mind back to this period 1972, 1973, did you come into any information at that time about how widespread the use of steroids had been earlier than the late sixties? Did you have -- did you come into possession of any information for example of whether or not steroids had been used in the Olympic Games in 1964.

15

A. Yes. It appeared that a 400 meter runner from America of considerable prominence made an unexpected comeback at later years and had great success in the 1964 Olympic Games. He then became a very strong proponent of the substances and informed other American athletes.

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Additionally, a sprinter, also of a somewhat advanced age for a beginner, came into prominence and he also advocated these substances to other Americans.

25

Q. Now again if I can put you back in the approximately the 1973 timeframe, did you then come to any



conclusions at that time about how widespread the use of steroids was by the early seventies?

A. Yes. The rumour in Munich was that the usage among the top level athletes was approaching 80 percent at the time.

Q. Well, recognizing that that was a rumor and probably couldn't be tested with any degree of certainty, as a result of the information you had been collecting and hearing about, how was your mind set? Did you believe at that time that the use of steroids by track and field athletes was widespread?

A. Well, basically it became very clear that at the highest levels it was. The contacts just kept coming back with complimentary stories that would support each other. The fact that the information came in from Soviet world junior record holder in the javelin supported this contention. He was in the same training group with their most prominent sprinter, that they had both been put on this program of anabolic steroids, that it had been very successful.

Additionally, it became more clear to me the uses that these things served. For example, it was explained to me that it enabled the athletes to sustain high levels of efforts through multiple rounds in international games which was always of great difficulty

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to me. I was often accused of being a choke in international competitions, but the fact was in any single race situation I could be a contender against anyone in my time.

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A. But, whenever there were rounds when I had to run three or four times in a short period of time, I never could come through with a high performance in the final. So, it became clearer that this was one of the 5 reasons these people were able to come back over and over again.

Q. I take it then that you concluded that one of the benefits of the use of anabolic steroids was that it reduced your recovery time or ---

10 A. Yes.

Q. ---aided you in recovering?

A. It enabled you to do more work at any given period of time.

Q. Now, according to the C.V. which we 15 reviewed yesterday in some detail, you continued, after Munich, your own track career in 1973 and I want to ask you, did you yourself consider using steroids?

A. Yes, I did. During that period, of course, I was working and it was very difficult for me to sustain a proper training program.

20 However, in the time available me, I attempted to train and it became, more or less, on a recreational basis. However, towards the end of the year, the national championships were coming up and I was hopeful that I would be able to compete there and I was 25



thinking that at some time in the future, I could get myself into a situation where I could once again be competitive at the world level.

5 So, I became acutely interested in trying to find out more about anabolic steroids and whether or not I could obtain them for myself.

Q. And as a result of coming to that conclusion, what course of action did you take?

10 A. I went to a physician who -- and asked him if it was possible to obtain Dianabol tablets which in Canada were known under the trade name of Danobol. They left out the 'I' for some reason.

15 The doctor looked them up; he was familiar and had used them in other parts of his practice. He did not feel that there were substantial or significant side effects involved in short-term uses of small, regulated doses so he prescribed an initial amount for me to try.

Q. And did you use them?

20 A. Yes, I did. I used five milligrams per day for three weeks prior to the national championships.

Q. The national championships in 1973?

A. Yes.

THE COMMISSIONER: They weren't banned at this stage, I guess?

THE WITNESS: Not 1980 ---



THE COMMISSIONER: 1975?

THE WITNESS: Yes.

MR. ARMSTRONG:

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Q. Now, let me ask you this, what effect did the taking of these Dianabol tablets appear to have on your form?

10

A. Well, of course, it was a short trial but my personal observation was that rather than gain weight, in fact because I was not in my optimal shape by any fact, lost some weight. I gained muscle mass even within that short period of time and I felt just a general improvement in my feeling. I felt more confident, there was an emotional effect that was apparent. And physically, I felt much better leading into that championship.

15

Q. And what about the actual result on the track? Did you come to any conclusion as to whether or not the use of the steroids were of any assistance there?

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A. I believe they were. However, the national championship results in that year were particularly horrible. I won it but the time was bad because the track was a tar track that had just been laid and, in fact, you could see the footprints left behind after the racers had run. So, the times were slow.

25



However, four days before the nationals I had run the best time I had run subsequent to '72 when, in fact, I had been a full-time athlete, basically.

Q. I take it then you must have come at  
5 least to the preliminary conclusion that the use of Dianabol enhanced the performance, at least enhanced your performance, as a sprinter?

A. Yes, I came to that conclusion. And it seemed, what they -- my personal observation seemed to  
10 follow with what I had been reading and what I had been hearing from personal anecdotes.

I would point out also that at that time I heard more about what had happened in the United States in 1968. As you may recall, the Olympic Games were held very  
15 late in the year, in fact, in October. So the American college system would not prepare the athletes for the Olympic Games.

So, the U.S. Olympic Committee arranged for extensive training camps and competitions for their  
20 athletes, including a six week training camp in Lake Tahoe, at altitude, so they could prepare.

During that period, it's my understanding of the interval -- the individuals in question in 1964 became very large advocates of these substances to the athletes in attendance in this training camp in 1968 and most, if  
25



not all, of the sprinters went on it.

And I had seen the American championships in June in Sacramento and I was well -- very familiar with the American athletes in question. And the difference between their appearance at the '68 trials -- the '68 National Championships and their final Olympic trials in Lake Tahoe was profound and unmistakeable.

Q. What period of time is that between those two events?

A. Two months.

Q. And how had their appearance changed?

A. Far more muscular, far leaner. There was just no mistaking it.

Q. And did you come to the conclusion that those observable changes must have been attributed to the use of steroids?

A. Yes.

Q. All right. Going back to your own use in 1973, did you suffer, so far as you can recall, any side effects?

A. No.

Q. From the taking of the steroids?

A. No, certainly not.

THE COMMISSIONER: How long were you on

25 them?



THE WITNESS: I was only on them for three weeks but there was no observable difficulties.

MR. ARMSTRONG:

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Q. All right. I want to, Mr. Francis, move you along to the period of time in which you were coaching in the late '70's and ask you some questions about your knowledge at that time as to the use of steroids in track and field and I, first of all, want to take you to 1978 when I believe three of your athletes or three of the Scarborough Optomist Track and Field athletes were in attendance at Clemson University in South Carolina and can you tell me whether or not you have any information as to their involvement at that time with the use of steroids at Clemson?

15

A. Well, at that time, in 1978, Desai Williams, Dave MacKnight and Ray Daley were students at Clemson who had been in my group and they were on scholarship there. Each of the athletes was given a bottle of Dianabol and told to take one tablet a day, although there didn't seem to be much discussion about what they were supposed to do in terms of cycling. As you know, there was ---

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THE COMMISSIONER: What do you mean by cycling?



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THE WITNESS: A period on and a period off and so on. They were just told to take one tablet per day. They told me about this on their return but they claimed that they did not take the tablets. I have no way to know whether they did or did not.

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MR. ARMSTRONG:

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Q. All right. We're going to come, Mr. Commissioner, in some detail to the question of cycling but just to bracket it here, I take it that cycling, you have a period when you're using the steroids and doing certain training and then you take a rest from the steroids and then there is another cycle of steroids in conjunction with another period of training, is that correct?

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A. Yes. In other words, they would be designed into your actual training program to be used at an appropriate time and over a short period of time.

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In that way, you have a medical advantage in having a shorter exposure to such a substance and also you would have the likelihood that during the time that you were off an anabolic steroid you would have no drop in performance.

25

Q. All right. Now, Mr. Francis, your group of athletes started going to Europe in the late



'70's. I want you to cast your mind back to 1979 when you were in Europe in the period of May, June 1979 and while there, did you come into any information about the use of steroids by Canadians or others?

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A. Well, one Canadian athlete indicated to me that he had a British-born wife who was an Olympic finalist in the hundred metres and he indicated that he -- that she had been given 35 milligrams per day of Dianabol by her coach in Britain and he had also used drugs.

10

However, he seemed to be very vague about what he had done. He didn't seem to know the substance involved or anything else or even when he had last had any.

15

Q. All right. And also, at the same time period, I believe in Europe, did you have occasion to have a conversation with an American thrower of world rank?

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A. Yes, I did. This was a former world record holder in the shot put; we had a discussion. He saw our sprinters, the male sprinters and he asked me what I was going to do about them. I said well, what do you mean? He said that it was obvious to him that these athletes were not on anabolic steroids and he said they're at age when the American athletes are beginning to leave them behind and all their opponents are on them. He asked me when I was going to take the responsibility to tell

25



them the facts of life and what I was going to do about it and put me on the spot. I really didn't have an answer.

5

Q. Now, in 1979, I believe it was 1979 -- if I've got the date wrong, please correct me -- you were at a dual meet in the United Kingdom, dual meet between the U.K. team and Canada and there apparently was some indication that in one of the sprints that a particular position would be tested. Do you recall that?

10

A. Yes. The night before the competition, contrary to the supposed rules -- as you realize, this is after '75 when testing came in -- it was announced there would be drug testing at the competition, the dual meet in Britain. And they announced the placings that would be tested, in advance, which contravene the rules.

15

It was announced that in the 400 metres that the third place would be tested and the athlete in question, you know, was obviously -- I had no concept of whether, in fact, this individual knew what he was doing, if he had, you know, if he knew when he would be clear; if he didn't know what he had taken, if he didn't know the clearance time, he did know anything. I became very concerned about this.

20

So, I told him, whatever you do, don't finish third. So, this fellow was running home; he was having a heart attack at the end of the 400 metres, he was

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falling farther and farther behind and he's dueling out with the second place individual, second and third, and they were struggling quite hard. Perhaps the other guy didn't want to finish third either.

5

They were fighting it out and it became very obvious that our fellow was going to end up third and he was falling -- then he just completely slowed down, slowed down, slowed down until, finally, at the tape he was leaned out for the third place by the fourth place 10 finisher, had caught up 15 metres on him. So he managed to avoid the problem.

Q. All right.

A. Actually, we really didn't know whether it was a problem or not. We never did find out.

15

Q. All right. And what year was that?

A. 1979.

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Q. All right. Then again, at some time in this time frame, did you have occasion to enter into a discussion with the world record holder in the 440 yards? And, if you did, what information did you get from him?

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A. During this period he informed me that he had used anabolic steroids. He had used Dianabol himself in a sliding scale from 10 to 25 milligrams per day during the season. He had entered university as a 47.0 sprinter and within a year he was under 45 seconds



and ended up with a best of below 44.5.

Q. All right. And ---

A. He also informed me at that time that  
all the 400 metres runners of his acquaintance who had run  
in the '68 Olympics as well as '72 were on similar  
programs.

Q. And then moving along in the summer of  
1979, you apparently had a discussion with a West German  
coach. Can you tell us about that, please?

A. Yes, he had a contact within East  
Germany, who was informing him of their protocols. In  
fact, over the years I've heard many bits of information  
from this individual but at that time he was getting the  
information based on the then current technology in East  
Germany.

They were using Dianabol in dosages from 20  
to 40 milligrams for their women sprinters and he did not  
have a contact in the men's team, only in the women's and  
they were completely separate, doing their own program so  
I have no idea what their men were doing.

They varied this and increased the dosages  
to 5 milligrams per year, generally, throughout the  
athlete's career.

THE COMMISSIONER: I'm sorry, 5 milligrams.

THE WITNESS: They increased the dosage each



year.

THE COMMISSIONER: By five?

5 THE WITNESS: By 5 milligrams in the general, and then sometimes would take a year off and repeat that particular arrangement.

MR. ARMSTRONG:

Q. And when you talked to this West German coach did you have the sense that -- or did you accept  
10 what he said?

A. Yes, because he also mentioned the West German protocol. He did not mention dosages but he mentioned Dianabol was being used extensive by their women sprinter who had been particularly successful up to the  
15 '76 Olympics.

Q. Going back for a moment for the 440 yard world record holder who indicated to you that he himself had used anabolic steroids and that others in 1968 in the Olympics had used anabolic steroids, did he indicate to you that -- whether or not he had himself had given steroids to anybody or passed steroids on to anybody?  
20

25 A. Well, yes, the subject came up about a prominent woman sprinter in the United States who had great improvement in 1979 and the coach of this particular



athlete was a woman. He mentioned that he had had an affair with her when he was in college, that she was an athlete and had been on a Dianabol program and, in fact, had received Dianabol tablets from him.

5

Q. And then I want to take you along to August of 1979 in Canada. There was a coach's meeting after the National Championships in Sherbrooke. And at that coach's meeting, I understand there was some discussion about the use of anabolic steroids?

10

THE COMMISSIONER: What coaches, Mr. Armstrong.

THE WITNESS: All the national coaches.

THE COMMISSIONER: Canadian?

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THE WITNESS: Yes, in order to -- as you have heard over and over again, we obviously didn't have a lot of money to throw around, so everytime we'd have a national championship, we'd have all the coaches have an annual planning meeting and discussions and so on because they would all be in the same place at the same time. We could save a lot of money.

20

MR. ARMSTRONG:

Q. You were at that meeting?

A. Yes.

25

Q. And am I right, was there discussion



about the use of anabolic steroids?

A. Yes, it was put on the agenda that drugs be discussed in sport and Doug Clement was the speaker.

5

Q. All right. Let me stop you there. Who is Doug Clement?

A. Doug Clement was the Medical Director for the Canadian Track and Field Association.

Q. He obviously is a physician?

10

A. Yes, he is a physician and a specialist in injuries and an orthopedic man.

Q. In addition to his being a physician, he himself was an Olympic athlete back in the late 50's, early '60's, am I right?

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A. Actually, the early '50's although you'd never know it it to look at him. But, anyway, in 1952 in Helsinki.

Q. He was a middle distance runner, was he not?

20

A. Yes, I believe it was 400 and 800 metre.

Q. Yes. And he runs a track club as well in Richmond, British Columbia, is that right?

A. Yes, that's correct.

25



Q. Okay. We got him identified. And so he was the team medical officer for the Canadian Track and Field Association. He is at the meeting?

5 A. And he was also a representative in the international bodies for anti-doping and so on. So, he was involved in trying to eliminate drug use in sports.

10 Anyway, he was asked by one of the coaches about drug use by athletes in Canada. And he said, well, why don't you put out a statement to warn the athletes of all the side effects and so forth of anabolic steroids.

Q. Just a minute, who said that, why don't you --

A. One of the coaches.

15 Q. One of the coaches said that to Clement?

A. Yes.

Q. All right.

20 A. And why don't you put out a statement just to be written to all the athletes describing the adverse effects of anabolic steroids and all these sorts of things. And he said, no. And he was asked why not. And he said because it simply isn't true. Anabolic steroids in small doses are not known to be harmful to athletes. You know, he emphasized that small doses in a regulated way and so forth had not been shown to have

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substantial side effects and were certainly no more dangerous than birth control pills and would in fact be less dangerous than corticosteroids, cortisones and other things that are in fact legal and are used routinely in the treatment of injuries.

10

He felt that it was strictly an ethical question, and he was opposed to steroids on ethical grounds only, and didn't feel that it was a wise thing to do to lie to athletes on the one side and expect them to believe him on the other.

THE COMMISSIONER: I am sorry, I didn't get the last part, he didn't?

15

THE WITNESS: He didn't want to lie to them on the one side and then come to them and expect them to listen to him on the other.

THE COMMISSIONER: When you speak of ethical, it was banned, though, for all competitions.

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THE WITNESS: Yes, and that was his position that strictly as a banned drug, but to claim that it didn't work or that it had bad side effects would be, you know, misleading and untrue. You just simply shouldn't put out such a statement. He said that he was opposed on ethical grounds only. And his position was that if they wanted to end anabolic steroid use, they would introduce random testing at that time.

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THE COMMISSIONER: That was in 1979?

THE WITNESS: In 1979.

MR. ARMSTRONG:

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Q. Again I am going to repeat this and do what I shouldn't do, but just so it's clear in Dr. Clement's case there is no doubt that he, Dr. Clement, is opposed to the use of anabolic steroids in track and field because it is against the rules?

10

A. Yes.

Q. And he made that clear at that meeting and he's made that clear to you over the years; is that not so?

15

A. Yes. I have talked to him on other occasions. He has said repeatedly that, you know, he especially in his position as the medical director he didn't want to be on both sides of the fence. He acknowledged that many medical directors who were representatives at international meetings were there only to obtain information to take home on the latest ways to avoid drug testing and so on, but he didn't want to be involved in such things. But he was upset by this trend obviously.

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Q. So, again I apologize, but again at the risk of repeating myself, what in effect he was saying to

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you was I am not going to be intellectually dishonest or down right dishonest by telling people that anabolic steroids in small doses have these terrible side effects, but what I am going to say is and what I believe is that it's wrong, it's cheating, and I am opposed to the use of anabolic steroids on those grounds?

A. That was his position.

10

Q. Yes. All right. Now having come in to possession of all of this information that you have told us about, that is what other athletes were doing around the world, what studies you had read and heard about, what information you got from your own use, and indeed what information you got from Dr. Clement as to his medical view of the side effects, did you come to any conclusion as to whether or not it would be appropriate for any of your athletes to in fact use anabolic steroids?

15

A. Well, this is the situation where you come to a number of ethical dilemmas. One, you have to decide is it universally being used out there. In other words, is it possible to rise to the highest levels of sport without anabolic steroids. If it is, then of course you should at least do everything possible to try to go that way. If it is possible.

20

25

So that means that it's necessary to look into the sport as widely as possible and find out



everything, and find out if indeed that is possible.

If it is not possible to be succeed at the highest level of international sport, then you have another moral dilemma. That is, you might be construed as 5 cheating or being unfair to your contemporaries at home who may not be using anabolics. However they may also be using them and you don't know.

So, you would be in a level playing field with the people at the international level if you went on 10 steroids, but you would not be on, you know, you would have an advantage against the domestic competitors, potentially, if indeed they were not doing it as well.

And there is certainly no reason to believe that the athletes would not be making decisions themselves as with the coach. We have the situation that the 15 athletes, as demonstrated by the Clemson experience, the athletes were going to be exposed to anabolic steroid information and decisions with you or without you. So you had to make the decision should you be involved and attempt to be part of this process or should you counsel them against it, where they may listen or they may not. 20

I thought back to my own personal experience which is I made the decision to use anabolic steroids based on my own information without the knowledge of my 25 coach.



Q. Yes. Now, I don't know whether you were going to go on, I didn't want to interrupt you. If you were going to go on, please do.

5 A. Well, basically, you know, you are facing all of these dilemmas and you have to decide what you are going to do.

10 Q. All right. Well, let me take you to the first question or first dilemma. Did you come to any conclusion about whether it was possible to rise to the highest level of sport as far as it related to sprinting without the use of anabolic steroids?

THE COMMISSIONER: Internationally?

THE WITNESS: Yes.

15 BY MR. ARMSTRONG:

Q. Internationally.

20 A. I looked at the international scene so I tried to take the examples of all the highest ranked athletes and look into that and see whether or not it appeared that performance enhancing drugs were being used or not.

25 And every time I looked into the situation, every time I looked into each of these individual's backgrounds, each of the individual's coaches, the situation surrounding them, appearance changes, you know,



every parameter that I could possibly examine indicated that I couldn't find a single case where it appeared that performance enhancing drugs were not being used.

5 Q. All right. And what about -- so, you came obviously to the conclusion in respect of the first question internationally that in order to rise to the highest level, that a component of it had to be anabolic steroids, I take it is what you are telling me?

10 A. And potentially there were other drugs as well as you understand beyond anabolic steroids, growth hormones, and growth hormone releasing factor, many other circumstances that would fall into the same category.

Q. All right. So then having answered that question, what conclusion --

15 THE COMMISSIONER: Either steroids or other enhancing performance drugs or medications?

THE WITNESS: Yes, and it's also worthy to note that testosterone was not tested for since it was a natural constituent, it was not -- a ratio was not established to outlaw it until --

20 THE COMMISSIONER: At that time?

THE WITNESS: It would be the 1982 season.

MR. ARMSTRONG:

25 Q. Having answered the first question,



that is that in order to rise to the highest levels internationally that a component would be the use of performing enhancing drugs, what about the second question as to what you do with a situation at home. If you are 5 going -- I think what you have said is if you are going to use the drugs you will be placing yourself on a level playing field internationally but maybe you wouldn't be at home. What coming conclusions did you come to vis-a-vis your competition at home?

10 A. I began to look into the situation there as well. And it certainly appeared that there were individuals, although not in nearly as widespread a basis, but certainly it was being used domestically as well.

15 Q. All right. Now, in 1979 based on what you told us yesterday, if I am right, you have got a young superstar on your hands right then and there in Angella Taylor, now Angella Taylor-Issajenko; am I right that she was --

A. Yes.

20 Q. -- on her way at that point.

A. She had improved dramatically. She had gone from a non-training athlete in a period of two years to running 11.20 and 22.74 without the aid of these performing enhancing drugs. Now, you had a situation where the athletes --

25



Q. Let's just stop there just to show how dramatic it was. Indeed in 1979 in the 100 meters, had she not gone at the beginning of the season from 12.04 to 11.20.

5 A. Well, she ran 12.04 in June of 1978.

Q. I see.

A. So by July of 1979 she had improved dramatically. She had had personal bests. In fact her career rewrote the record book so much that in fact she has broken Canadian records 57 times. So, you can imagine how much of a change she is --

10 Q. And in the 200 meters in the same period she had gone from 23.81 to 22.74?

A. Yes.

15 Q. All right. Now, where then in 1979 was she positioned vis-a-vis the world competition?

A. She was now ranked seventh in the world in the 100 meters and eight in the 200 meters.

20 Q. All right. And did you and she then come to any conclusions about where she was going to go at that stage and how she was going to get there?

A. Yes. We had considerable discussions about what the future might be, what was going on, the appearance changes of other athletes and so on. She had observed big changes in a lot of athletes as well. She

25



was a great follower of her own sport and knew all the players, knew all the names.

5

Q. We are going to hear from Angella Issajenko, but I think it is important that we have your mind set and your information as well in this period. And did you and she come to any conclusions without naming names as to what her competition was doing so far as the use of performance enhancing drugs was concerned?

10

A. Well, we went through the discussion about the particular athlete in question in the United States who had improved dramatically in the rankings. She was also at that time going out with an American quarter-miler who told her the story of the athlete's coach, this coach has steadfastly maintained that she is anti-drug and so forth, and yet she said she quit the sport rather than take steroids. And indeed she had taken them herself. So, nothing she said could be believed.

15

THE COMMISSIONER: I am sorry, I am lost, I don't know who the shes are at the moment. I don't --

20

THE WITNESS: This is the prominent American coach.

THE COMMISSIONER: Pardon? The American coach?

25

THE WITNESS: Of this sprinter. She had claimed that she quit sport rather than take anabolic



steroids.

THE COMMISSIONER: Trainer had?

5

THE WITNESS: The trainer had and yet we knew for a fact that she had taken anabolic steroids and had been given them by our mutual acquaintance.

THE COMMISSIONER: I see.

BY MR. ARMSTRONG:

10

Q. All right. Now, Mr. Francis, in order to demonstrate the situation that you and Angella Taylor found yourselves in in 1979, as to her situation and where she fit in to the picture internationally, you have prepared some graph material; is that so?

A. Yes, that's correct.

15

MR. ARMSTRONG: And it might, Mr. Commissioner, be of some assistance if we took a look at this graph material now which we will -- we have hard copies of it and we will circulate.

THE COMMISSIONER: I have a copy.

20

MR. ARMSTRONG: You have a copy.

THE COMMISSIONER: What exhibit will that be?

THE REGISTRAR: 116.

25

MR. ARMSTRONG: Exhibit 116. You have a copy?



--- EXHIBIT NO. 116: Graph

THE WITNESS: Okay. The basic --

5

MR. ARMSTRONG:

Q. All right. We have got in Exhibit 116 graph number one and would you tell us what that red curve demonstrates?

10 A. Well, basically this is a curve that you can expect in any sporting endeavour. Many of you will be familiar with perhaps if you were a 30 handicap golpher or something, you know that it's not that hard to knock the first few strokes off but becomes progressively more difficult to improve --

15 THE COMMISSIONER: Is the time going down or up?

MR. ARMSTRONG: This graph --

20 THE WITNESS: Well, the time going up is improving. So, in other words --

THE COMMISSIONER: No, but --

THE WITNESS: -- in the beginning --

25 THE COMMISSIONER: Improving actually by reducing the time?

THE WITNESS: Yes, you are getting faster.



But for beginners in sport, for example, in the 1930s and so on, improvement would come in tenths of a second very obviously because the difference between not training at all and training full time, two or three times a day, 5 would make a substantial linear improvement in performance. But once you became a full time athlete, an established athlete, these improvements would become more and more difficult to maintain.

In fact, they would begin to tail off and eventually the improvements would become in matters of hundredths of a second, and then eventually matters of thousandths of a second as every possible training method was employed every improvement would yield smaller and smaller improvements as the levels of performance get higher and higher. So we were able to look at what we 15 could expect.

And then the next graph we are going to put up will show you what in fact we faced which varied with what we certainly could expect.

20 MR. ARMSTRONG:

Q. All right. This is graph number 2 and this is the womens' 100 meters. Can you just tell us what you are demonstrating here?

25 A. Okay. These are the world record



improvements. You can see that the improvements are very clear from the beginning. The athletes in --

Q. This is a 40-year graph, is it?

A. From '48 to '88.

5 Q. And in the beginning obviously the improvements will be substantial. This is immediate post war. There hadn't, you know, been much training going on. The athletes were just beginning to come around, not all the top athletes were in fact competing in the sport and  
10 so on.

But now it becomes more and more competitive. And by the time you got to Wilma Rudophe, you know, you had an optimal physical specimen.

Q. Just let me stop you there so we have it on the record. You are pointing to the time of  
15 11.18 --

A. In 1960.

Q. In 1960 is Wilma --

20 A. Wilma Rudophe, the great Wilma Rudophe who was the female Jessie Owens and so on. She ran a spectacular 11.18 and won by a huge margin in the 1960 Olympics.

Q. All right. Now you can see that in eight years, despite the fact they have changed from dirt tracks to tartan which is a plasticized surface which is  
25



much faster, you have improved one-tenth in eight years.

Q. So, that's the 11.08 is 1968?

A. 1968.

Q. Right.

5 A. The world record. In 1972 you have another world record of 11.07. You have improved one-hundredth in four years despite all the technological improvements and everything else. And even then the athlete in question is one of the East Germans who was on a steroid protocol, to the best of my information. So already it's beginning to go. But the technology is continuing to improve. So by the time Angella Issajenko-Taylor comes into the picture, the graph is here.

15 Q. Why don't you just -- I would do it but I would mess it up. Why don't we cover that up with a piece of paper and we will see exactly where you are at with Angella.

A. In the fall of '79, beginning of '80.

20 Okay. So, here we have this monumental blip in the graph between what could reasonably be expected and even here you are allowing, you know, more improvement than you have even see here.

THE COMMISSIONER: The blue is what you would normally expect?

25



THE WITNESS: What you would expect and here we have the reality. Instead of the expected performance at around 11.06 or 11.05, you are looking at 10.88.

5

Q. All right.

A. Which is a monumental improvement. At the rate of improvement here, you know, you are looking 20 or 30 years ahead and the difference between these performances is only a few years.

10

Q. Right. In the 10.88, what year is that?

A. 1977.

Q. All right.

15

A. And now if we take the thing away you can see what's happened subsequently. You will have to move the graph down or --

THE COMMISSIONER: Ms. Chown, will you put it down a bit.

THE WITNESS: The current world record is off the chart. So, if you expect the standard human endeavours to yield the expected performances, you would have to wait another 50 years to get this performance at the minimum. The improvement rate would be like a hundredth of a second per year. And yet look at the improvement that's happened here.

25



Q. The 10.49 is 1988?

A. 1988.

Q. All right.

A. So, I just don't think you can discuss  
5 the likelihood of who is clean and what's going on. The  
fact is this is the international picture.

Q. All right.

A. And you have gone down 10.88, 81, 79,  
76, 49.

10 Q. All right. And can we then look at  
this --

A. Just to further clarify this I would  
like to make one point.

Q. Yes.

15 A. This lady in question when you adjust  
as we mentioned yesterday, the difference between  
handtiming and electric, Jessie Owens was running in the  
10.50s. So this girl would beat the great Jessie Owens by  
four feet.

20 Q. All right. Then let's take --

THE COMMISSIONER: He was '62? What year  
was Jessie Owens?

THE WITNESS: 1936.

THE COMMISSIONER: Pardon?

25 THE WITNESS: 1936.



THE COMMISSIONER: I am glad I didn't remember.

THE WITNESS: You weren't around then.

5

MR. ARMSTRONG:

Q. All right. Can we take a look at the 200 meters, which is graph 3. And can you take us through that, please.

A. Okay. It is the same situation in the 10 expected performance curve. You should expect a similar curve of diminishing returns. It should be more and more difficult to break the world record as time goes by.

Q. All right.

A. Now, in Angella's case, here we have 15 the 1980 period, 1979 the world record has made a monumental jump from 22.02 to 21.71.

THE COMMISSIONER: And she was 22.74, right?

THE WITNESS: Yes, but she was aiming at, 20 you know, when she --

THE COMMISSIONER: So, in 1979 she would be 22.74.

THE WITNESS: Yes, down here somewhere, but 25 at the same time it was, you know, certainly conceivable to imagine a curve of improvement in her case continuing



down to the 22 flat range.

THE COMMISSIONER: Right.

THE WITNESS: And that should be in the medal contention. However, now we have had this change.  
5 And this level of performance is continued and now once again you are looking at 40 to 50 years before this curve is --

THE COMMISSIONER: So 22.02 is what year,  
'78?

10 THE WITNESS: 22.02 is 1978.

THE COMMISSIONER: And in 10 years it goes down to 21.34. What's 22.71, very quickly there?

THE WITNESS: That's 1979.

THE COMMISSIONER: Just one year.

15 THE WITNESS: In one year this huge drop. And then these levels of performance continue I believe four times or so this world record has been equalled by two different East German athletes.

THE COMMISSIONER: In '88 it goes down to  
20 21.34?

THE WITNESS: And then this year 21.34.

BY MR. ARMSTRONG:

Q. So again in 1979 as in the 100 meters and the 200 meters womens' world records you were  
25



looking at a very steep climb in your graph  
representing --

A. Yes.

Q. -- a much faster world record time  
5 which is completely out of wack with what you say is the  
expected result?

A. Yes.

Q. Chipping away slowly at the world  
record?

10 A. At the world record, yes, that was my  
opinion.

Q. All right. Then I think that's all we  
need to do unless you have something to add in regard to  
these two graphs at the moment. There are some other  
graphs that we are going to deal with later.  
15

So, that was your analysis. Then presumably  
in 1979 faced with the decisions that you had to make as a  
coach, what did you and Ms. Issajenko or Ms. Taylor then  
conclude as a result of all of this information and the  
analysis that you had gone through as to whether or not it  
would be a wise thing for her to pursue a steroid program?  
20

A. Well, it became very clear that we had  
no reason to believe that anyone at the highest levels was  
not using performance enhancing drugs.

25 So, at that time we both were going to the



same doctor and we went to this particular doctor and discussed the situation. He went through the whole discussion with her regarding side effects and so on which he didn't believe they were any. However, he was  
5 uncertain of the improvements to be expected from the administration of anabolics because he couldn't find studies to indicate that there were.

THE COMMISSIONER: Did he -- would he prescribe the dosages?

10 THE WITNESS: He prescribed it in the original prescription and he filled it.

THE COMMISSIONER: The same thing .05?

15 THE WITNESS: No, no, she tried a much smaller does than that; .05 at that time for her would have been around 25 milligrams or 20 milligrams. She went on 5 milligrams.

THE COMMISSIONER: You are ahead of your story, carry on.

20 MR. ARMSTRONG:

Q. All right. And just while we have interrupted you a little bit here, I just wanted to --

THE COMMISSIONER: You said you went to the doctor and discussed it with the doctor?

25 THE WITNESS: Yes.



MR. ARMSTRONG:

5

Q. You said the doctor didn't believe there were any side effects. I take it he didn't believe there were any side effects if the drugs were taken in moderate or therapeutic doses?

A. Yes.

10

Q. We all hear if you take too much aspirin it can do bad things to you and I suppose if you take too much of anything it can do bad things for you?

15

A. Absolutely. Certainly you can imagine the situation if you are concerned about your health a lot of people are told to take one aspirin every evening to prevent heart disease and so on. No one would have too much concern with taking one aspirin, but if you take 40 aspirins every day, you are not going to have to wait too many days until you have a hole in your stomach.

20

Q. All right. So in any event you went to the doctor; he is a physician in Toronto I assume?

A. Yes.

Q. And he indicated to you that in therapeutic or moderate doses that he didn't think there were side effects. He indicated to you however that he --

25

THE COMMISSIONER: Was there a cycling program, too? Did he discuss the cycling of it or would



that be --

THE WITNESS: Yes. He mentioned you know, perhaps we try three weeks on and three weeks off for a period of time and see what the level of improvement was.

5

MR. ARMSTRONG:

Q. And although he had indicated to you that he didn't have any medical evidence available to him that would have suggested that the steroids were of particular help so far as athletic performance is concerned, I take it from what you said that he did give you or give Angella this prescription?

10

A. Yes, he did. It's simply a fact that it's so difficult to find a study that will really look into the situation because most double blind or research studies attempt to keep all the variables the same other than the substance being investigated.

15

And in this particular case, I think we have to clear up the one fallacy about steroids that continues on and on and on. You will hear this time and again from athletes, because of course as long as steroids are necessary and as long as steroids are in fact banned, every athlete when questioned about their new world records and so on will say to the press, I don't take steroids, I simply work hard. Steroids are not a short

20

25



cut. They are the reason why the athletes can work as hard today as they do to achieve these performances. The training that's used by these athletes is at a level that couldn't have been imagined. We have 800 meter runners in  
5 the womens team doing harder workouts than Roger Bannister did when he was breaking the four-minute mile. So, this has to be understood.

THE COMMISSIONER: Steroids help them work harder and train harder?

10 THE WITNESS: Yes. I had one example I was given this summer of a Cuban 800 meter runner back in the early sixties world ranked performance in the 400 meters might have been 54.2. Here we have the case of a lady from a standing start running ten 400 meter runs in  
15 55 seconds flat with a one minute break in between.

Now, that's just an unimaginable change in the training of -- I think most of our distance runners in Canada in the male section would cringe at a workout like that.

20 BY MR. ARMSTRONG:

Q. All right. We are going to come to the training program that is employed and was employed by you and your athletes and where anabolic steroids fit into  
25 that program.



I want, however, to get you back to the doctor that you went to see with Angella Issajenko. Now, did he do any examination of her? Did he take any tests? Do you have any recollection of that?

5

10

15

20

25



A. Yes, he did.

Q. And ---

A. He took blood profiles before, during  
and after, throughout the period in which he gave me any  
5 of these substances.

Q. All right. And he then gave the -- he  
was her regular physician, I take it at that time?

A. Yes, at that time.

Q. And he gave the prescription, she  
10 presumably got the -- was it Dianabol tablets?

A. Yes.

Q. And what kind of program then did she  
go on?

A. Five milligrams per day, three weeks  
15 on, three weeks off for two or three cycles during the  
winter period.

Q. And what was your observation as to  
the, first of all, the effect on her performance on the  
track, whether the steroids were of any assistance to her?

A. It was my opinion that they were  
20 helping. In her case, it was very difficult to determine  
the variables, either in training or in steroids or  
anything else because she was simply improving at such a  
rapid rate that it seemed whatever you did, she was  
successful at it and was improving dramatically at indoor  
25



performances, set world records at 300 yards, 300 metres, 200 metres, was close to the world record in the 60 and the 50 metres and other events. Records just kept going down and down through ---

5

THE COMMISSIONER: This is what year now, Mr. Francis?

THE WITNESS: 1980, winter of 1980.

10

MR. ARMSTRONG:

Q. Now, you're not a physician and we're going to hear from Angella Issajenko herself, but what observations did you make, as her coach, as to whether or not she suffered any ill-effects from the taking of the steroids, the five milligrams a day of Dianabol?

15

A. I detected none. She obviously gained muscle.

THE COMMISSIONER: Pardon?

20

THE WITNESS: She obviously increased her muscle during the period she was on and then when she would go off them, the muscles would lighten up again.

MR. ARMSTRONG:

25

Q. Now, perhaps we may get into this later as well, but I think it might be a good time to bracket it here. We've heard some evidence in Phase II of this



hearing that weightlifters use steroids. We've got your own evidence and indeed evidence from others that the throwers who you and I have identified use steroids, and I say that generally, without qualifying it as perhaps I should, but for this purpose, we know that there is certainly evidence that in those two sports, weightlifting and throwing, steroids appear to be an element.

5

Do you have any information from your own experience over the years in the use of steroids as to how, for example, five milligrams a day of Dianabol for 10 Angella Issajenko would relate to the kind of dosages that say a weightlifter might use or a thrower might use?

10

A. I talked to a doctor who was involved in powerlifting and he mentioned the dosages that such people -- and these are the kinds of doses, the megadoses that are being referred to over and over again -- and people don't seem to realize there is a big difference in what is being used in some sports and what is being used in others.

15

These megadoses, a typical powerlifting, 20 what they call a stack which means a combination of drugs, would be 150 milligrams of a day of Dianabol, 100 milligrams a day of Anadrol-50, which is another anabolic steroid, 200 milligram a day of testosterone and then growth hormone of human chorionic gonadotropin stacked on 25



top of that.

Q. You're going to have to speak just a touch more slowly...

A. Yes.

5

Q. ....so we can get some of these ---

THE COMMISSIONER: Did you didn't you take it in?

MR. ARMSTRONG: ---medical terms.

10

THE COMMISSIONER: I got it all.

MR. ARMSTRONG:

15

Q. It's only your photographic memory that serves you well there. The next time he mentions some of these things I would ask you to write it down and see if you got it down?

A. I'll go through that again so to make it very clear.

Q. You might take it a bit more slowly.

20

A. All right. 150 milligram per day of Dianabol. 100 milligram per day of Anadrol-50, A-N-A-D-R-O-L. And on top of that, 200 milligram per day of testosterone and then growth hormone, human chorionic gonadotropin, on top.

I might also mentioned today, human chorionic gonadotropin was is for, as you recall, HCG is

25



commonly used by athletes to stimulate their production of testosterone, their natural production of testosterone, particularly during periods of very high doses of drugs like these people are doing.

5

This is why many people believe that catheterization was widespread in athletes because male athletes appeared to be pregnant on testing. But HCG is, in fact, what appears as the pregnancy test that you buy in those little kits they test for HCG.

10

So this is -- in fact, they were taking this as a performance enhancing drug, they were not catheterized with other people's urine and so on, as was the common falacy.

15

Q. Now, back to Angella Taylor-Issajenko, she got this initial supply of Dianabol through a prescription of the doctor, that you mentioned, in Toronto. Did this doctor continue to be a source of supply for Angella Issajenko as she continued on the program and perhaps I better ask you the question first, did she continue to use anabolic steroids after the initial ---

20

A. Yes.

25

Q. ---experience? And when that prescription ran out, did she continue to get the Dianabol from that doctor?



5

A. No. The Dianabol was very difficult to obtain after a period of time. The company that produced it and I think it was CIBA, withdrew it voluntarily from the Canadian market and the U.S. market and later generic copies and so on became manufactured but it was not easily found. Apparently there was some problem with the dumping of this particular drug in the third world countries with rebate schemes to doctors for its prescription that caused some controversy about it.

10

Q. All right. So, if the Dianabol was no longer available through prescription from this doctor, how was it obtained in order that Ms. Issajenko could continue her steroid program?

15

A. Well, for years we had been familiar with the throwers and so on in the country and -- who come very close with Bishop Dolegiewicz. We wished to continue the same substance which was a known substance and not to begin to try other things we were less familiar with.

20

THE COMMISSIONER: Who is Bishop Dolegiewicz?

THE WITNESS: He is a thrower on the national team, a Canadian record holder in the shot put.

MR. ARMSTRONG:

25

Q. You say you were familiar with the



throwers. I assume for years, familiar with Bishop Dolegiewicz?

A. Yes, we've been friends for many years.

5

Q. All right. And did you then have some discussion with him about the use of steroids?

A. Yes, I had discussions with him about steroids going back to 1977.

Q. Tell us about those, please?

10

A. Basically, he was mentioning the difficulties that throwers faced, the fact that, to his knowledge, no shot-putter had ever achieved an Olympic standard performance without the aid of steroids. He did not know of a single example.

15

He felt that there was a great injustice that the situation was as it was and he also felt very badly about the situation in the 1976 Olympics.

Obviously, testing was new at that time and very little was known about the testing methods that would be used.

20

And in terms of throwing events, because they used drugs over long periods of time, they could have a substantial drop in performance when they stopped taking drugs before major competitions. And so, it was of paramount importance to know, in fact, how close to the competition the athletes could go and still pass the test.

25

He was informed by Canadian authorities that the clearance



time would be one month at that time. This was 1976.

THE COMMISSIONER: The clearance time?

THE WITNESS: The actual time in which he would have to cease taking the ---

5

THE COMMISSIONER: One month before the test?

THE WITNESS: One month before the test. But, in fact, that was not true. Indeed the tests were not very sophisticated at that time.

10

THE COMMISSIONER: You're talking '76 now?

THE WITNESS: In '76. And, in fact, the true clearance time for Dianabol at that time was five to seven days and in some cases as short as three days if the athletes had access to chromatography in their own countries.

15

THE COMMISSIONER: What's chromatography?

THE WITNESS: This is the -- gas chromatography is the machine that they use in the labs. It's worth noting that the more sophisticated countries like the Soviet Union make sure they have chromatography with them. As you may know, in the Olympic Games, they have a ship that actually goes into the harbour of the nearest city and they had one -- this ship in Montreal ---

20

THE COMMISSIONER: What does that do?

25

THE WITNESS: Well, they in fact, had



chromatography on board the ship. Indeed, before the Los Angeles Olympics boycott was announced, they had purchased four gas chromatographs for delivery.

5 THE COMMISSIONER: I'm puzzled as to what it does, I'm sorry?

THE WITNESS: They can test the urine of their athletes at the game site to see if they've cleaned out immediately prior to competition.

THE COMMISSIONER: Before the competition?

10 THE WITNESS: Yes. Because they were coming in so close to the date at which they were competing, that if they tested them at home they would have had to been cleaned longer than necessary ---

THE COMMISSIONER: I see.

15 THE WITNESS: ---to come five or ten days before. They wouldn't want to ---

THE COMMISSIONER: So, they are able to monitor, in a sense during, the training period before the Olympics?

20 THE WITNESS: Yes. And, so they could come early enough to get over the jet lag and yet not go off the drugs too early and test and make sure their athletes wouldn't have a problem in the games.



Q. Just to finish off with the Commission's questioning, the gas chromatograph is, in fact, the device that is used today in these various Olympic labs to test the urine of the various athletes?

5

A. Yes, that's correct.

Q. So, what you're saying is that the Soviet Union, for example, just had their own gas chromatograph available to test their athletes?

10

A. That's correct. And in other countries, as you're aware, the United States developed a voluntary policy where their athletes could voluntarily show up for urine tests under the auspices of the United States Olympic Committee prior to the 1984 Olympics. They were able to go in and be tested in a non-punitive way and check their clearance times for non-anabolic steroids.

15

More of that will be heard at a later date.

THE COMMISSIONER: In a non-punitive way, you say?

20

THE WITNESS: Yes. In other words, they could come in there ---

THE COMMISSIONER: If they proved positive, then ....

THE WITNESS: Nothing was done about it.

THE COMMISSIONER: Nothing was done about

25

it. I see.



THE WITNESS: In other words, they could come in there -- for example, if they thought they might clear a drug ten days before the Olympic Games they would come in there at eight days then they would test positive. They would come in at nine days, they would test positive. They come in at ten days, well they're still positive, eleven days they're clear. So, they add a couple for safely and decide to go for two weeks, or something like that.

10 And then they would do this two or three times during the year and then they would know on an individual basis what their individual clearance time was.

And women, in some cases, with with a drug called Anavar during the '84 Olympics, they were clearing in two days.

15 THE COMMISSIONER: By the use of a diuretic or a masking substance?

THE WITNESS: No, simply because the substance was not being picked up.

20 MR. ARMSTRONG:

Q. All right. Going back to Bishop Dolegiewicz and the conversations that you had with him that you have mentioned, did you indeed secure from Mr. Dolegiewicz in 1980 some Dianabol tablets?

25



A. Yes, I did.

Q. Can you tell us about that?

A. He provided several hundred tablets of Dianabol.

5

Q. And presumably you obtained them from him because they were no longer available through the prescription from this doctor in Toronto?

10

A. In Canada, yes. They were available, generic brands of Dianabol were still marketed in the United States and he was able to obtain them on prescription in the United States.

Q. All right. Now ---

THE COMMISSIONER: What year is that? Are we still in 1980?

15

THE WITNESS: 1980, the summer of 1980.

THE COMMISSIONER: Summer.

MR. ARMSTRONG:

20

Q. Then in 1980, was Angella Taylor-Issajenko the only one of your athletes, so far as you are aware, who was using anabolic steroids?

A. To my knowledge, yes.

25

Q. I want to take you ahead to the 1981 season. We've already, in a little different issue than we've been discussing but taking it in time sequence, in



the early summer of 1981 we have heard some evidence already, I believe, that a Canadian athlete called Alexis Paul-MacDonald tested positive for an anabolic steroid at the Pacific Conference Games and did you know Alexis Paul-MacDonald at that time?

5

A. Yes, she was in our training group but at that time she was not training with me.

Q. Was she a member of the Scarborough ---

A. Yes, she was.

10

Q. ---Optomist Track and Field Club?

A. Now, in her case, that brought up a number of questions. She had tested positive for a substance called 19-nortestosterone.

Q. Yes?

15

A. And this is a metabolite, generally considered a metabolite of a drug called Deca-Durabolin. Deca-Durabolin is a drug that is not adviseable for athletes anywhere near competition.

20

At that time, it would have been testable for a period of a minimum of three months. Today it would be testable for 13 to 14 months.

THE COMMISSIONER: It's a steroid?

25

THE WITNESS: It's a steroid but it's extremely long acting and the metabolites of this substance stay there a long time. It is an oil based



injection.

However, she was questioned intensively by Doug Clement when the test results came back and she said she had not taken drugs. And -- but she was on a birth control bill call Minestrin.

5

Doug Clement went back and did research on this and discovered that Minestrin was made up of a product called norethindrone. Norethindrone has 19-nortestosterone molecule combined with a side chain which was, claimed by the medical labs, could not break loose.

10

In other words, it should not be able to break loose in the -- to turn back into 19-nortestosterone as had shown up in the test.

15

Doug proved that it could break down in the lab so that the IAAF and the IOC Medical Commission labs were not telling the truth. And this would fit ---

Q. Or perhaps mistaken?

20

A. Or perhaps were mistaken. However, you have to understand if there is reasonable doubt, they cannot run a test on -- you know, at least if they are following fair procedures.

So, we wanted to look into this obviously.

They then had a study of Canadian athletes.

25

In that study, they had Angella Issajenko, then Taylor,



Molly Killingback, Alexis and I believe Alexis' sister and perhaps some others.

Q. Yes?

A. Who volunteered to switch their birth  
5 control pills to use Minestrin and then have drug testing for several months in a row to see what happened with the pill.

Q. I suppose, just stopping there, to reduce to its simplest terms, to put these women on the  
10 same birth control pills, test them at appropriate times and see, in fact, if they were testing positive for this particular anabolic steroids, 19-nortestosterone?

A. Yes.

Q. What happened?

A. This drug did not show up in the any of  
15 the urine samples including Alexis'. So, it was determined that she must have taken it, in terms of a drug, and she was subsequently banned for a period of time.

20 THE COMMISSIONER: It was not a birth control pill?

THE WITNESS: Well, we don't know.

Subsequent to this ---

25 THE COMMISSIONER: They amended the regulations to ---



THE WITNESS: They attempted to ban birth control bills.

THE COMMISSIONER: They modified that -- they eliminated that ban, I understand?

5 THE WITNESS: You have to ask yourself, now that the testing is more sensitive, going down to as much as one part per billion or per ten billion or stuff like this, that in fact, in microscopic amounts 19-nortestosterone must have been showing up and that's 10 why they thought they better ban the birth control pill.

You already have a case of an Angel Myers in the United States right now who is fighting a suspension on this basis. They banned the birth control pills, you know, the officials in the IOC and so on ---

15 THE COMMISSIONER: I thought we heard from Dr. Pipe that they amended that or --

THE WITNESS: They rescinded it.

THE COMMISSIONER: They rescinded that order.

20 THE WITNESS: But they banned them assumedly because they felt that they were going to generate false positives. They rescinded it under pressure but they're still going to have these false positives but they will not acknowledge them as false positives, they will simply suspend the athlete.

25



So, they will allow a small percentage of people to be thrown out rather than, you know -- because, if they ever admit that there could be a mistake on this then testing would have to be abolished.

5

THE COMMISSIONER: Well, I thought Dr. Pipe said that that ban was on the basis representations made by Dr. Pipe and Dr. Gledhill, I guess it was, was rescinded. There is no longer a ban on a contraceptive pill?

10

THE WITNESS: I believe that the ban was generated to protect these athletes from having a false positive. They were warning them, in effect, that something like this could happen. Now, they're still at risk. If they take those drugs, they may turn positive.

15

THE COMMISSIONER: All right.

MR. ARMSTRONG:

Q. All right. Then ---

20

THE COMMISSIONER: You're back in the summer of 1980 where you bought Dianabol from Mr. Dolegiewicz?

THE WITNESS: Yes. Actually, we're ---

THE COMMISSIONER: And then Mr. Armstrong was asking about Alexis MacDonald.

MR. ARMSTRONG: Yes.

25

THE WITNESS: Yes. Now, the situation with



Alexis was such that when I spoke with her she denied ever having used anabolic steroids. But it certainly brought home the dilemma, even further, about the communications with the athletes.

5                   If this athlete had used anabolic steroids, then she had either obtained them herself or from a doctor. She may have had medical supervision. She may not have had medical supervision and even if she had medical supervision, that doctor might be basing his decision to select a drug on the effectiveness of the drug without realizing the implications it would have on drug testing because, you know, that's obviously not a medical consideration to most doctors.

10

15                   THE COMMISSIONER: Of course, what was banned is the use of them not merely being caught. What is banned is using them.

THE WITNESS: Yes, but also if you do intend to not listen to the ban, you certainly don't intend to get caught either, if you can avoid it.

20                   So, if an athlete were to make such a decision, you would certainly want them to have the advice on how to not generate positive tests.

MR. ARMSTRONG:

25                   Q. And so, did you come to some conclusion



then that perhaps you should know a little more about what was going on among your athletes? Is that where this is going? I'm not sure.

A. Yes, absolutely.

5

Q. What conclusion did you come to?

A. Well, that there must be a line of communication. There must -- have the ability that the athletes can talk to you and you can talk, so that they won't simply make decisions on their own.

10

MR. ARMSTRONG: That might be a useful point to stop.

THE COMMISSIONER: We will take a morning break.

15

---Upon resuming

MR. ARMSTRONG:

Q. Mr. Francis -- sorry.

20

I haven't called upon you yet.

MR. ARMSTRONG: I apologize. I realize that.

THE COMMISSIONER: You'll start when I ask you. Mr. Armstrong.

25

MR. ARMSTRONG: Then I won't start.



MR. ARMSTRONG:

5

Q. Mr. Francis, this is a bit of a non sequitur from where we were at, at the recess, but one of the things that you mentioned before the recess was that, believe it was 1975 or thereabouts, that anabolic steroids became listed on the banned list.

10

I take it that that then must have been an indication or a recognition that there was a problem of athletes using anabolic steroids and that's the reason they found their way on the banned list?

A. Yes, I would assume so.

15

Q. All right. And insofar as the entry standards, for example, to the Olympics Games in '76 and the years thereafter, was anything done to adjust the entries standards recognizing that anabolic steroids may have been used in the previous few years and were now banned?

20

A. No, they made no attempt at all to recognize the enhancement of performances that anabolics had created.

Q. And therefore, no adjustment was made in the entry standards on the assumption that they would not now be used?

25

A. No. They're in fact caught in the dilemma that if they were to lower the entry standards,



5

they would then admit that there had been a problem and indeed would reflect upon the records that currently were in existence that could be considered tainted and the degree of tainting would be directly reflected by the amount they lowered the standard. So, it's a very difficult situation.

10

15

Q. All right. Now, in the chronology that we were working our way through with your own situation and your own situation as the coach of Angella Issajenko, we reviewed the 1980 season in which she was on a Dianabol cycle, you told us about what you perceived to be the effect of that upon her recognizing that it was difficult since she was on -- since she was improving so fast, in any event. But you did indicate you didn't perceive there to be any side effects from the drugs.

20

I had gotten you along to 1981 and kind of took you on a side trip in respect of the Alexis Paul-MacDonald incident and the reason for that doing that, was the reason that Angella Issajenko was involved in that and also involved in the test study that was done and also it followed along in the chronology -- can I ask you this, so far as Angella Issajenko was concerned, did she continue along in 1981, so far as you recollect, on a program of Dianabol?

25

A. Yes, a similar program.



Q. All right. Now, up to the 1981 season, was she your only athlete, so far as you were aware, who was on a steroids program?

A. As far as I was aware, yes.

5

Q. All right. Now, at this time, 1981 or thereabouts, was consideration given by you to introducing any of your other athletes to a steroids program?

10

A. Yes. I had had conversations with several of the male athletes in the group about the possibility during the summer of 1981.

Q. All right. And who were they?

A. Desai Williams, Tony Sharpe, Ben Johnson.

15

Q. And let's take Ben Johnson; what discussions did you have with him?

20

A. Well, we were talking about the situation that had been seen in Europe. He was obviously a very promising young sprinter by now. He had run 10, 25 and 100 metres, made the finals in major competitions in Europe but he was lacking the strength to go through the races.

Q. What do you mean by that? I take it, it means what it says, but can you just elaborate on that, the strength to go through the races?

25

A. Well, you need to train very hard and



get very fit but at the same time you must be fresh enough during your training to have a high enough speed during the speed sessions to enhance the qualities required.

For example, were you to be fatigued all the time and you could build up a lot of endurance at perhaps ten metres per second but you wouldn't be hitting 11 metres per second which you required during any period of your training.

And, additionally, you would have trouble getting up to the 12 metres and beyond that would be required to become the best in the world.

Q. All right. And, presumably, you came to the conclusion that the use of anabolic steroids in Ben Johnson's case would be helpful to him in achieving that level?

A. Yes. Again, following a very similar process of elimination, talking to athletes and so on, it became clear that, you know, that anabolic steroids had been used, going back into the mid '60's, in sprints and were extensively used among the highest levels of athletes and, again, I couldn't find any cases where I -- did not at least have the appearances where the athletes were using anabolic steroids.

THE COMMISSIONER: What do you mean by that, the physical condition of the athletes?



THE WITNESS: Weight changes during the season, where they would go up and down by 20 pounds, acne, this type of thing.

5

THE COMMISSIONER: By the physical appearance, you're saying?

10

THE WITNESS: Physical appearance as well as information. Not everyone will give the physical appearance of anabolic steroids. Some athletes can remain very slim, you know, depending on their use of these steroids or the type of steroids used.

15

However, they have other changes or you find out about their coaches or you find out experiences of other athletes who had the same coach. There would be ways you could determine what the likelihood was that these athletes were involved with anabolic steroids.

20

THE COMMISSIONER: I'm sorry, you had a meeting then with Williams, Sharpe and Mr. Johnson?

THE WITNESS: I spoke to them each separately.

THE COMMISSIONER: Separately.

25

MR. ARMSTRONG:

Q. And let's take Ben Johnson then. What discussion did you have with him and when did you have it and where did you have it? Those are three questions but



would you answer them, please?

A. Yes. It was in the summer of 1981 and we had a discussion about the situation, what we had seen in Europe, what we were seeing in America. It became very clear that he now was on the threshold of breaking into international prominence and it was a good likelihood that if he were doing what they were doing he would be at the same level or above.

Q. Yes. And what was his -- this presumably was your opinion expressed to him, I take it, was it or ---

A. I felt this way but I also wanted his feedback not only about that but about his training in general.

Q. Yes.

A. And we spent a considerable period of time discussing his training program. He also felt that a determining factor was that he had been running 300 metre runs in practice which he felt were not helpful and he wanted to shorten the distances over which he was running in practice. He felt he could do more repetitions at shorter distances. He was aware of his body and what he felt and he felt that it would be helpful in the next year to plan a program that would not bring him beyond 200 metres during the high speed running phase.

25



THE COMMISSIONER: In training?

THE WITNESS: In training. Well, competition either for that matter. But he -- he's not very fond of the longer runs.

5 Anyway, he was -- it sounded reasonable what he was presenting and we decided we would do that for the following year. In fact, it was very helpful, among other things.

10 And at that time I arranged for an appointment for him with the doctor to discuss, you know, the medical side effects and positives and negatives to the whole thing.

THE COMMISSIONER: Of what?

THE WITNESS: Of taking steroids.

15 MR. ARMSTRONG:

Q. Now, let me stop you there and move you back. I don't know whether it was the question or questions that I asked but I'm primarily concerned at this point about the discussion you had with Mr. Johnson about steroids and you've said that you talked to him about what was going on internationally, what the competition was doing and then you got off on to this discussion about his training program and reducing his runs from 300 metres to 200 metres. How does that fit into the steroids?

25



I don't want to get you off the track as it were, but was there any discussion about steroids.

A. Oh, yes.

Q. Between you and Ben Johnson?

5

A. Yes, but it's all tied together. What you would do in training and what you would do in terms -- you have to decide everything that you're going to do, if you want to move up in the world rankings, both in terms of training, steroids if that is a factor, whatever else.

10

Q. Okay. Now, Mr. Francis just, though give me -- and again, I appreciate the thrust of your evidence has been and will be that you don't take steroids in isolation, that there is a whole training regime and coaching regime without which you can't achieve success athletically, quite apart from steroids, but focusing on this discussion with Johnson, what did you say about steroids and what did he say in response to the discussion about steroids, this very first discussion with him?

15

A. Well, he was just fairly noncommittal.

20

He felt that, you know, he didn't want to be at disadvantage obviously. But, he was not sure of the advantages and he didn't make a decision at that time.

25

Q. Now, when you were talking to him about steroids, I assume you must have used the word steroids or anabolic steroids?



A. Yes, both steroids and discussing what the steroids would be which would be Dianabol.

THE COMMISSIONER: Pardon? What was that last part, what a steroid was?

5

THE WITNESS: Which drug would be chosen if he was going to do it.

MR. ARMSTRONG: Which would be Dianabol.

THE COMMISSIONER: I see.

10

MR. ARMSTRONG:

Q. All right. Now, when you were having the discussion with him about steroids and which steroid it would be, namely Dianabol, did he understand what you were saying to him?

15

A. Certainly to my knowledge, yes.

Q. And again, not to be too repetitious and not to put too fine a point on it, but did he understand what anabolic steroids were?

20

A. Yes, he knew they were banned and they were performance enhancing substances that would promote muscle growth and so on. But I felt that the real explanation of such a thing should come through a doctor.

So I told him to, you know, we go and talk to the doctor in question and we discussed the subject.

25



5

Q. All right. And I am sorry, I kind of cut you off and brought you back. We are now at the point where you said an appointment was made with the doctor. And is this the same doctor that was both your doctor and Angella Issajenko's doctor?

A. Yes.

10

Q. All right. Did you go with him when you went to the doctor?

A. Yes, I did.

Q. And tell us what happened in the doctor's office?

15

A. Well, doctor the discussed the -- what the substance, you know, what Dianabol was. And he went over what he considered, you know, the side effects which he considered to be nil. And went over what he considered to be the performance advantages of it. And he was not sure that there were performance advantages. He said perhaps there were, perhaps there were not, he wasn't certain, because he didn't have the studies to show, you know, what the effects would be on performance.

20

Q. I take it this conversation with this doctor was pretty much a rerun of the conversation you had had two years earlier with him and Angella Issajenko?

A. Pretty much the same.

25

Q. He hadn't changed his mind?



A. No.

Q. Still the side effects if taken in moderate, therapeutic doses were nil. And he didn't have any evidence concerning performance enhancement?

5 A. Yes, it was very difficult to quantify, to create provable statistics on performance enhancement because of all the variables.

10 Q. Now, this discussion you had with the doctor, I take it that you are present, Ben Johnson is present, and the doctor is present. Anybody else present?

A. No.

Q. And was Ben Johnson present throughout the entire discussion?

A. Yes.

15 Q. And did he appear to understand what it was the doctor was saying?

A. And to me, yes.

20 Q. All right. What then was the conclusion of the meeting or the appointment with the doctor?

A. Well, nothing was concluded at that point.

Q. All right.

25 A. Ben just went back and wanted to think about it.



Q. Sorry?

A. He wanted to think about it.

Q. Yes. And as a result of thinking about  
it, was a decision made either not to go on a steroid  
5 program or to go on a steroid program?

A. In the fall of '81 leading into the '82  
year, he decided he would go on.

Q. All right. Now, the fall of 1981  
leading into the 1982 year presumably this would be in the  
10 typical training portion of your fall October, November,  
December somewhere in there; is that right?

A. Yes, that's correct.

Q. And how did it come about? Give us  
your best recollection as to the decision that he made to  
go on the steroid program that fall?  
15

A. Well, basically all three of the  
athletes had gone through -- one at a time they had gone  
to talk to the doctor to hear --

THE COMMISSIONER: Was that Williams and

20 Sharpe?

THE WITNESS: Williams and Sharpe as  
well.

BY MR. ARMSTRONG:

Q. Then I am perhaps getting ahead of  
25



myself. Let's go back to the other two. Desai Williams, did you raise this question of steroids with Williams in the same way that you had raised it with Johnson?

A. Well, it was a little different in terms of talking to Desai and Tony because both were well aware of the use of these anabolics because they had seen them at university in the United States. It wasn't -- it wasn't anything new to them in terms of seeing them or knowing about their existence.

10 In Ben's case, he had not been exposed to this because he had been in Canada the whole time.

Q. Yes. All right. So what you are saying is it was probably a more abbreviated discussion with Williams and Sharpe?

15 A. Yes.

Q. All right. But I take it again each of the discussions with Williams and Sharpe would have been with them privately?

A. Yes.

20 Q. All right. And so --

THE COMMISSIONER: Did they all go to the doctor as well?

THE WITNESS: Yes.

THE COMMISSIONER: Each one to the doctor.

25 THE WITNESS: Yes, but each separately.



THE COMMISSIONER: All right.

THE WITNESS: The reason being obviously first of all you don't know what their decision might be and you don't want to, you know, it's not a group vote, I mean, obviously.

Q. I am sorry?

A. It's not a group vote or something that the athletes will, you know, decide two to one in favour or something. They are going to make their own decision what they want to do.

10

Q. I understand, I understand. So, again I don't want to move you ahead too quickly. In respect of the conversation that you -- the initial conversation with Desai Williams then, can you just summarize that as to what it was you said and what it was he said?

15

A. Same sort of discussion. That it was clear what was going on, he already knew it because he had been at the NCCA. He saw what was going on at the United States.

20

Desai additionally had the experience of having won as a junior against the top American juniors and then seeing those same two athletes go away to college and in one year come back improving from 10.50 to 10.0 -- no, 10.07 in one case. The other fellow to 20.22 and 44.50 in the 400 meters. Obviously, you know, monumental

25



quantum leaps in performance.

Q. All right. Then in regard to the athlete Tony Sharpe, I presume unless you tell me different, that the conversation with Sharpe would have been really the same as with Williams?

A. Yes, same sort of thing. He had also been in the States. And I was very unclear whether or not either of them had ever done steroids. While I had claims, I just didn't know.

10 Q. In any event as in the case of Ben Johnson, in the cases of Desai Williams and Tony Sharpe, the decision was not made in this initial discussion; the decision or suggestion I suppose was made by you that they have the benefit of talking to this same doctor?

15 A. Yes. The idea was that they would have a period of time they could think about it prior to, you know, the institution of the training for the subsequent year.

Q. All right.

20 THE COMMISSIONER: How old was -- how old was Desai Williams? We are talking about the fall of '81?

THE WITNESS: He would be 21, 22.

THE COMMISSIONER: Twenty-one. And Sharpe?

25 THE WITNESS: He would be 21.



THE COMMISSIONER: And Mr. Johnson?

5 THE WITNESS: No, Tony and Ben would have been 20.

THE COMMISSIONER: What about Johnson?

10 THE WITNESS: Toney and Ben were both 20.

THE COMMISSIONER: Were 20?

THE WITNESS: Ben is about six months younger than Tony.

15 THE COMMISSIONER: And Williams was the older one then.

THE WITNESS: Yes.

BY MR. ARMSTRONG:

Q. In any event, both Desai Williams and 15 Tony Sharpe went to see this physician?

A. Yes.

Q. I assume, again I don't want to put words in your mouth, but to move it along, I assume the discussion was the same with the doctor, he gave the same 20 opinion?

A. Yes.

Q. That is that he thought the side effects in the moderate doses were nill and thought so far as performance enhancement was concerned he was not convinced based on the evidence he had or hadn't seen? 25



A. Yes, he couldn't make an opinion on that really.

Q. All right. And then the result of that was presumably that they were left with a period of time to think over whether or not they were going to go on a steroids program?

A. Yes.

Q. All right. Now, what decisions did each of those two athletes make?

A. Well, all three decided that they would start a steroid program if the fall of '81 leading into the '82 season.

Q. All right. Were these three individuals friends: Desai Williams, Tony Sharpe and Ben Johnson?

A. Yes, they are all aware of each other. However, they were, you know, different groups that each would hang around with. During the competitions, of course, they were pretty close.

Q. All right. And in so far as the decision of Ben Johnson to go on steroids, what part do you think you played in that decision?

A. Well, of course I would be an influence, you know, towards his using anabolic steroids. You have to realize that if I believe that the

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international scene is such that his competitors were on steroids, if I tell him that, of course, he is going to want to use steroids. If I lie to him and tell him that it's not so, of course he wouldn't use steroids.

5                   So, it was a question of what information I conveyed to some degree, but on the other hand it's very difficult for me to go forward and tell an athlete it's just not true when in fact they could see it for themselves. And they will have the pressure of everyone else telling them the same thing, other athletes, other coaches, other associates who will be aware of these situations.

10                  Again going back to my own decision, I went on on my own on the basis of what I found out during my international competitions. And of course they would face the same questions. If I ever lied to them in any way then, of course, they wouldn't come and tell me if they made the decision or not.

15                  Q. All right. And let me ask you the flip side of the same question. What part do you think Mr. Johnson played in the decision to go into a steroid program in the fall of 1981?

20                  A. I think he was stuck in the same situation as I would be stuck in. He could decide either he wanted to participate at the highest levels in sport or

25



not. And so he was stuck with that decision.

If he wanted to compete, it's pretty clear that steroids are worth approximately a meter at the highest levels of sport. And he could decide to set up his starting blocks at the same line as all the other competitors in the international competition or set them up a meter behind them all. And obviously that would be an unacceptable situation for a top level athlete.

5

10

Q. From your discussions at that time with Ben Johnson, do you believe that he understood those factors and they went into the making of the decision?

A. I think he understood that his competitors were on them and that he wanted to participate and he knew who was improving and why.

15

Q. All right. And similarly in regard to Desai Williams, and Tony Sharpe, what part did you play in the decision for them to go on steroids, and what part did they play?

20

A. I would say similar. It's the same. And I would also say that it becomes a vicious circle.

25

You had a situation where anabolic steroids were used openly and, you know, not against the rules for many years. And the performances were adjusted upwards accordingly. Then, you know, they are banned but in fact, you know, with a week off or whatever, the athletes can



continue to use them anyway.

So, of course, even the athletes who were at the top at the time that Ben and Desai and Tony decided to use them you couldn't blame them either because of course they faced the same pressure going back 20 years. They didn't invent them, either. So it just goes on. And the next ones who come up subsequent are facing the same situation.

So it's a circle that goes on. And there are people standing up there attempting to claim that although they did it clean, they did it by working hard and so on, it just isn't true, not at the highest level.

Q. All right. Then, Mr. Francis, in the fall of 1981, the decision is made that Ben Johnson, Desai Williams, and Tony Sharpe would join Angella Issajenko in a steroid program. What did the program of Johnson, Williams, and Sharpe consist of?

A. They initiated on 5 milligrams per day.

THE COMMISSIONER: Where did the Dianabol come from at that stage?

THE WITNESS: Dianabol was still the same supply that we had gotten from Bishop Dolegiewicz.

THE COMMISSIONER: Mr. Dolegiewicz?

THE WITNESS: Yes, we had several hundred tablets. They would last they would last for quite a



period of time.

And they would take 5 milligrams per day initially and eventually went to an alternating schedule of 5 and 10 milligrams. So they would take 5 milligrams one day, 10 milligrams the next.

5 THE COMMISSIONER: Five then ten?

THE WITNESS: Five-ten, five-ten, through a three-week period and then off.

THE COMMISSIONER: Seven days a week?

10 THE WITNESS: During the three weeks, yes.

THE COMMISSIONER: Seven days a week for three weeks?

THE WITNESS: Yes.

THE COMMISSIONER: And off for three weeks?

15 THE WITNESS: Off for three weeks, the same.

BY MR. ARMSTRONG:

20 Q. Was it off for three weeks or off for a week and then back on?

A. It was off for three weeks.

Q. Off for three weeks.

A. But they would --

25 THE COMMISSIONER: Were they given to them to take themselves?



THE WITNESS: Yes, they were given to them themselves.

5

THE COMMISSIONER: How could you be sure they would stick -- because we heard in Montreal there was a tendency of some to over-indulge if I can put it that way?

10

THE WITNESS: Well, that's always a possibility but it had to be explained to them very carefully and also the fact --

THE COMMISSIONER: These come in a bottle form?

15

THE WITNESS: Yes. They were given a bottle with about 100 tablets for each of them, but obviously they would have to come back to me to ask for more if in fact they --

20

THE COMMISSIONER: All right.

25

THE WITNESS: Unless they had some other source that I didn't know about. But it's also worth noting that it had to be made very clear to them at that point, they had the tablets in their possession, each one of them, they had to understand that at that time there was a 28-day period they would have to be off steroids prior to being tested. And so they had to clearly understand the rules in question and they had to clearly understand that they could not take any of these tablets



within that 28-day period or they might test positive.

THE COMMISSIONER: That wasn't the rule, the rule was they shouldn't have them at all. To avoid the detection is the --

5 THE WITNESS: It depends on the rules of international sport or the rules of fair play, I guess.

THE COMMISSIONER: Your thought 28 days was the clearance time; is that you were satisfied?

10 THE WITNESS: Well, the -- perhaps we shouldn't say the rule, but the --

THE COMMISSIONER: Well --

THE WITNESS: The recognized clearance time at that time was 21 days; we went 28 days we didn't want any question --

15 THE COMMISSIONER: For Dianabol?

THE WITNESS: Yes.

BY MR. ARMSTRONG:

Q. All right. What was the color of  
20 these pill?  
A. They were green or blue depending, some were generic and some were CIBA. So, I am not sure which was which.

Q. Now, in regard to Johnson, Williams,  
25 and Sharpe, were any steps taken to monitor their health



while they were taking these drugs?

A. Yes. They had their own physicians and they were told to go to their physicians and make sure they kept track of their blood tests, but I must say that I had considered it as a super high priority, it wasn't -- as I was not familiar with any side effect in low doses, as long as they followed the instructions and they were monitored by their physician, I thought they would be --

Q. I am sorry, you felt they would be?

A. They would be safe if they followed instructions and went to their physicians and had regular blood tests including blood profiles.

Q. Let me just pick up from a question or comment made by the Commissioner.

In regard to some of the evidence, we have heard from the weightlifters or perhaps others, that sometimes athletes consume more of these drugs than in fact is suggested that they take. Now, what about that so far as sprinters are concerned. What if Ben Johnson had instead of taking 5 or 10 milligrams a day of Dianabol that decided well, I will get 10 times the effect I will take 100 milligrams? What if he decided that?

A. That very rapidly his performance would deteriorate.

Q. Why is that?



A. Because more is not better. In fact his muscles would be too tight and stiff for him to sprint. So it would become very clear that something was dramatically wrong.

5 THE COMMISSIONER: So an indication of excessive taking would show up in the performance?

THE WITNESS: In the performance, yes.

THE COMMISSIONER: Which might account for the tightening of the muscles?

10 THE WITNESS: At such a dose there would be no way they would be able to run at all at any kind of speed.

BY MR. ARMSTRONG:

15 Q. Is what you are telling us this morning in answer to some of the questions that have been asked that anabolic steroids so far as sprinters are concerned are really only helpful and appropriate if they are taken in moderation?

20 A. Yes. And also only in the training phase. It's a disadvantage to have anabolic steroids in your system when you compete, not an advantage, because the muscles must be free to move without resistance. And steroids could create some tightness, even in small doses. So it's very important that they compete without the  
25



steroid in their system to get the maximum performance.

THE COMMISSIONER: I don't follow that because they are taking on a three-week cycle, they are taking the steroid, and that you tell me allows them to work harder, fast recovery period, and run faster. I would have thought during training --

THE WITNESS: No, no, that's not necessarily true. How it would function would be they would be able to do more work during the training phrase, then when they would go off the drug and the muscles free up --

THE COMMISSIONER: Then the speed comes up?

THE WITNESS: Then the speed comes up, but it enables them to get into a higher basic workload throughout the season so that they have improved their fitness and improved their overall strength. And then during the racing period, their speed will be effective but it's not effective to be on anabolic steroids during the period that they are racing.

MR. ARMSTRONG: All right.

THE COMMISSIONER: Not like weightlifting?

THE WITNESS: No, it's precisely the reverse. I don't want to get too technical --

THE COMMISSIONER: You have been pretty technical so far.



THE WITNESS: I am sorry --

THE COMMISSIONER: I don't say that  
critically.

5 THE WITNESS: Just as an explanation, there  
is belief that the actual reason that causes stiffness,  
the fluid retention that steroids may cause, in fact may  
be part of the reason for strength gains in lifting.

10 The actual leverage of the muscles is  
altered by the fluid retention. The swelling of the  
muscle actually changes the leverage a little bit and  
gives a mechanical advantage in lifting during -- so  
actually this fluid retention may in fact explain some of  
the loss of the fluid, may explain some of the loss of  
strength.

15 THE COMMISSIONER: Thank you. Go ahead,  
Mr. Armstrong, I have taken you away.

BY MR. ARMSTRONG:

20 Q. All right. Now, in regard to this  
drug Dianabol that the three of them went on, that is  
Johnson, Williams, and Sharpe, I want to ask you this  
question: Did Sharpe understand so far as you are aware  
that Dianabol was an anabolic steroid?

A. Yes.

Q. Did Desai Williams understand that



Dianabol was an anabolic steroid?

A. Yes.

Q. Did Ben John understand that Dianabol was an anabolic steroid?

5

A. Yes.

Q. Did he understand that anabolic steroids were banned at the time?

A. Yes.

10

Q. Now, when they went on this program in the fall of '81, what observations did you make first of all in regard to Johnson as to what effect it had on his training program and his performance generally?

15

A. Well, in the initial phase he had a very good improvement. Later in the winter he had a problem in his knee that eventually was diagnosed as contramalacia, that's from a lot of pounding on the track surface, on hard surfaces for long periods sometimes you get a roughening under the knee. So it limited some of his training during the indoor season and he had an additional flare up of this during the early competitions outdoors.

20

THE COMMISSIONER: That's now in '82 then?

THE WITNESS: This is in 1982.

25



BY MR. ARMSTRONG:

Q. Yes. So, that to some extent I suppose was a detriment to some of the improvement that you might have expected?

5 A. Yes, early on. He improved in the indoor competitions. He looked very good in the 50, 60 meters and so on, but during the early outdoor season the contramalacia flared up significantly. However, the team physiotherapist discovered an underwater ultrasound treatment for contramalacia where they go in a whirlpool and they aim the sound waves up under the kneecap and it smooths it out and within a very short period of time he was back in action. He was running very well by the end of the summer.

10 15 Q. All right. Then in regard to Ben Johnson and this period in the fall of 1981 when he initially went on the steroid program, did you notice any adverse side effects in respect of him and again recognizing that you are not a physician but --

20 A. No, not to me.  
Q. You see these guys physically all the time?

A. No.

Q. Now in regard to Desai Williams and Sharpe, what effect did the Dianabol have on each of them?

25



5                   A. They seemed to be improving in performance. Desai was improving the most, but unfortunately during the winter he was running an indoor 200 meter race and injured his hamstring going around the sharp corners. And it was a race where he felt he could break the world record in the indoor 200 meters. And he had a muscle injury.

10

Q. All right. And did either one of them so far as you know suffer any of the usually stated adverse side effects of taking anabolic steroids?

A. No.

15

Q. Now, let me ask you this: how closely would you yourself as a coach be keeping an eye on your athletes at that time? How often would you be seeing them, and were you looking at them yourself on a regular basis?

20

A. Yes, every day. And I would be looking at them very closely because it's extremely important for a coach to see any differences in the athletes either performance or the way they are handling their training.

25

The athlete is in fact the barometer for the training program. He is the single best monitor. And what he tells you and what you see of him will determine how much work he should do, whether or not he should do speed



work on and given day, et cetera.

Q. I am going to come -- sorry?

A. So you just have to keep monitoring him on and constant basis.

5 Q. And I assume that it follows from what you have just said and it's implicit in what you have just said that it is important for a coach to know when his or her athlete is on a steroid program?

10 A. Yes, it is. It's important to know. I am not suggesting that in every case the coach will know. But if he knows, he has a better chance to monitor the situation and determine what training they should do.

15 Q. All right. Now again I don't want to overdo 1981, but just to finish it off with Johnson, Williams and Sharpe, if you can remember how long did the steroid program last in the fall of 1981? Was it two, three-week cycles or?

A. It was two or three three-week cycles.

20 Q. All right. So three weeks on with a period of time off?

A. Yes, it would have been two cycles.

Q. Two cycles. So three weeks on, three weeks off, and then another three weeks?

A. So, a nine-week period.

25 Q. All right. Then during 1981 if you



can recall looking back what about Angella Issajenko, was she still on her 5 milligrams a day of Dianabol?

A. No, she changed the program. In discussion with Bishop and others she decided to --

5 Q. That's Bishop Dolegiewicz?

A. Bishop Dolegiewicz. She had decided to modify the program in that she decided she would not use a program in the fall and winter and would go on in the spring on only one cycle using somewhat more over a period of 8 to 10 weeks.

10 Q. All right. Then I want to move into 1982. And during 1982, was a drug called Stanozolol introduced to your athletes?

A. Yes, it was.

15 Q. Tell us about that, please.

A. Bishop Dolegiewicz mentioned it. He thought it would be a milder substance than Dianabol and could be used for a short period of time. Prior to our -- between the national championships and the time we were to go to Europe.

20 THE COMMISSIONER: What were his qualifications, Mr. Dolegiewicz, for this?

THE WITNESS: Well, in this case the fact was that he had been involved in anabolic steroids and was acknowledged as an expert. As you may well understand,

25



it's very difficult to get expertise in this field in North America because of the lack of the involvement of physicians and others --

THE COMMISSIONER: But is he a coach?

5

THE WITNESS: He is an athlete.

10

THE COMMISSIONER: An athlete, I am sorry.

You discussed it with Mr. Dolegiewicz about the Stanozolol?

THE WITNESS: Yes. And I might say that Bishop had a lot of access to the American doctors and so on who were advising the American teams and so on.

THE COMMISSIONER: Go ahead, I am sorry I interrupted, Mr. Armstrong.

15

BY MR. ARMSTRONG:

Q. Well, let's get a little more on Bishop Dolegiewicz. Did he --

THE COMMISSIONER: Did you buy the drugs from Mr. Dolegiewicz?

20

THE WITNESS: Yes.

BY MR. ARMSTRONG:

Q. And did Dolegiewicz so far as you know, did he train in the United States?

A. Yes, he was at the University of Texas.

25



Q. University of Texas. All right.

Now, going --

THE COMMISSIONER: Was he training at this stage? I am sorry I have lost track a bit.

5

THE WITNESS: Yes, he was.

THE COMMISSIONER: He was an athlete at this stage?

THE WITNESS: Yes.

THE COMMISSIONER: I am sorry. Thank you.

10

BY MR. ARMSTRONG:

Q. He's been an athlete right up until just recently?

A. Yes.

15

Q. Participating and competing?

A. Yes, I first met him in 1970; so, I have known him for many years.

20

Q. All right. Then I was asking you if a drug called Stanozolol was introduced to your athletes and you said yes, it was as a result of your discussions with Dolegiewicz. He was of the view that it was perhaps a more useful drug than Dianabol because it was milder. What else if anything did Dolegiewicz tell you about Stanozolol?

25

A. Well, that was the basic gist of the



conversation.

MR. ARMSTRONG: All right.

THE COMMISSIONER: Is that the generic name or is that the name?

5 THE WITNESS: That's the generic name. The product is Winstrol, Stromba, they are all the same.

THE COMMISSIONER: Pardon?

THE WITNESS The same compound as Stanozolol.

10 THE COMMISSIONER: The trade name is?

THE WITNESS: Winstrol, yes.

BY MR. ARMSTRONG:

Q. The trade name Winstrol is the North American trade name --

15 A. Yes.

Q. -- in the United States and Canada. And Stromba is the trade name used in the United Kingdom and Western Europe?

20 A. Yes, that's correct.

THE COMMISSIONER: Is it manufactured in the States as far as you are aware, Winstrol?

THE WITNESS: Yes.

25 THE COMMISSIONER: I mean the Stanozolol and Winstrol I am talking about.



BY MR. ARMSTRONG:

Q. Now as a result of these discussions  
with Bishop Dolegiewicz, did you take some steps to secure  
5 some Winstrol or Stanozolol?

A. Yes, he provided a bottle for us.

Q. And was that in pill form or injectable  
form?

A. Pill form. They were two milligram  
10 tablets. He suggested that 6 milligrams per day was  
standard dose.

Q. All right. And when you got the 2  
milligram tablets from Dolegiewicz, what did you do with  
them?

A. I gave them to the athletes  
15 individually, to Angella, to Tony, to Desai and to Ben.

Q. So Angella Taylor-Issajenko, Desai  
Williams, Tony Sharpe and Ben Johnson?

A. Yes, that's correct.

THE COMMISSIONER: Did you discuss the  
20 change with them that you were switching?



THE WITNESS: Yes. And Angella was with me when we had the discussions with Bishop and there was a lot of discussion about this drug and it was felt not to be as strong as Dianabol in some ways but it was felt it wouldn't create as much fluid retention.

5

MR. ARMSTRONG:

Q. What about the colour of the Winstrol pills or Stanazolol pills?

10

A. They were pink.

Q. Pink?

A. Pink.

15

Q. Now, tell me about what discussion, if any, you had with Ben Johnson concerning the change from Winstrol to -- from Dianabol to Winstrol?

A. By that time they were all using anabolics so they were all talked to together. So Ben and Desai and Tony were all together when we were discussing it.

20

Q. And what did you tell them?

A. I told them that the idea was we would take six milligrams a day for two weeks.

Q. Yes?

A. Simply because this would have been towards the end of July, beginning of August, it would

25



help them bridge the training over to October when they needed to be at a peak for the Commonwealth Games.

THE COMMISSIONER: This is July, August, '82 now, is it?

5

THE WITNESS: Yes.

THE COMMISSIONER: Okay.

THE WITNESS: So, they were to use it for a two week period.

10

MR. ARMSTRONG:

Q. All right. And what was their response?

A. They agreed to go ahead and tried it.

15

THE COMMISSIONER: Well, would you give them the bottles again? Would you buy these things in bottles from Bishop Dolegiewicz?

THE WITNESS: Yes, just gave them enough pills for two weeks.

THE COMMISSIONER: In the bottle?

20

THE WITNESS: Yes, each of them got a bottle of them.

MR. ARMSTRONG:

25

Q. Is there anything known by you at that time or any information obtained by you at that time about



the side effects of stanozolol, Winstrol?

A. The suggestions in the Physician's Desk Reference, exactly the same as Dianabol. It was considered, in fact, to be milder. It's been considered  
5 in discussions that we've had subsequently, it was considered to be milder than any of the other anabolics.

Q. And when you say the athletes agreed to take the stanozolol, was there any program set up any or any suggestions made as to their health being monitored?

10 A. Well, there wasn't going to be any monitoring because, in fact, they would be in Toronto one week then go to Europe. But in a two week period, it was such a minimal exposure it wasn't considered of any significance.

15 Q. All right. Now, I know it's difficult looking back to 1982, it's nearly seven years ago you would have had this discussion and it was with the three of them; that is Sharpe, Johnson and Williams but as best you can recollect, did each of them agree that they would go on this two week program of stanozolol, Winstrol at six 20 milligrams a day?

A. Yes, there was really very little conversation. Just took the pills and went home with them.

25 Q. All right. And do you know whether or



not Ben Johnson took the pills?

A. I certainly suspect so on the basis of what I will tell you subsequently. They took them for a period of about seven or eight days and began to feel very, very stiff.

5

Q. When you say they began to feel very, very stiff?

A. All of them.

10

Q. It's important to know who was feeling stiff?

A. Angella, Desai, Tony.

THE COMMISSIONER: Going back to the question Mr. Armstrong asked you, you did discuss the switching from Dianabol to Winstrol?

15

THE WITNESS: Yes, they knew it was a different drug.

THE COMMISSIONER: But, did they know it was also an anabolic steroid?

THE WITNESS: Yes.

20

THE COMMISSIONER: That was discussed with them?

THE WITNESS: Yes. Now, they took the stanozolol for a period of time and they got very stiff and decided they didn't like it all and suspended taking it.

25



THE COMMISSIONER: After six or seven days?

THE WITNESS: Yes, and then it took another week or two and to get rid of all the stiffness.

5

MR. ARMSTRONG:

Q. Now, which of the athletes got stiff?

You're talking about all of them?

A. All of them.

Q. Yes?

10

A. With 6 milligrams they all got very stiff and my opinion of stanozolol obviously was very low after that. I was not anxious to use it again.

Q. And did Ben Johnson specifically tell you that he was stiff?

15

A. Yes.

Q. And was this kind of a general stiffness or just in their legs?

A. Well, the leg muscles primarily where it manifested itself and then the first couple of competitions in Europe they were really feeling stiff.

20

Q. Okay. So ---

A. The performances deteriorated from what they had run earlier in the year.

Q. So, they stopped then after six or  
25 seven days?



A. Yes.

Q. All right. Then ---

THE COMMISSIONER: We're now at what, the fall of '82.

5

MR. ARMSTRONG:

Q. Yes. Well, we're -- this is the summer of 1982.

A. Yes.

10 THE COMMISSIONER: They stopped the summer, they went to Europe, did they?

THE WITNESS: Yes and they competed there but that was the last exposure to anabolics during that year.

15

THE COMMISSIONER: I understand.

MR. ARMSTRONG:

Q. Okay. All right. Then what about an athlete named Molly Killingback? Was she one of your athletes?

20

A. Yes, she was.

Q. And did she, in 1982, become involved on a steroid program?

A. Yes, she did. She was going out with Desai Williams and he mentioned that she wanted to go on a

25



steroid program and she then came to me and we talked about it and I provided her with a small quantity of Dianobols. She took 5 milligrams a day for three weeks. I believe that was the sum total of her exposure in '82.

5 Q. All right. And when would that have been, in the spring training session?

A. Yes, towards the end of April.

Q. All right. And I'm sorry to jump around; it's my own incompetence.

10 I wanted to ask you one other question about the fall of 1981 when Desai Williams, Tony Sharpe and Ben Johnson went on the Dianabol program and you gave them the Dianabol pills. What information do you have, if any, as to whether or not they actually took the pills?

15 A. Just my own observation.

Q. It was your belief that they had taken them?

A. Yes, it was my belief that they had taken them and had taken them as directed.

20 Q. All right. Then the 1983 season is the season that is preceded by your fall training program in the October, November, December, period or thereabouts and during that fall training period who of your group, if any, were on a steroid program?

A. It would have been Angella....



Q. Angella Issajenko?

A. Issajenko, Tony Sharpe and Ben and  
Molly.

THE COMMISSIONER: Not Williams.

5 THE WITNESS: Not Williams, yes. At that time, he -- we talked about it and he was not sure of what had happened with Dianabol. He was concerned that perhaps it had contributed to an injury he had sustained on the indoor season and he thought that it might be a good idea to take 1983 off, see if he succeeded in 1983 and then he could always make the decision to go back on in '84 when 10 it was more important, if it didn't work.

10

MR. ARMSTRONG:

15

Q. '84 being more important because of the Olympics?

A. Yes. So, you know, that was what he told me and I said fine.

20

Q. And was he concerned that the injury that he had suffered running indoors on the 200 metres may have been affected by his having taken the steroids?

25

A. Yes, he thought so. In my subsequent information, as I've learned more as a coach, I know precisely what the problem was. He did far too much speed work three days before the competition. He was running



much faster in 200 metres runs in practice than he should have.

5

At the time I didn't know as much about the actual tapering for competition. In fact, his muscles were tight leading into the competition from overtraining. But at the time, you know, I wasn't so sure what had happened.

10

Q. Okay. Then in the fall of '83, we have Angella Taylor-Issajenko, Ben Johnson, Tony Sharpe, Molly Killingback and what was the drug that they took that fall?

A. Dianabol.

Q. So you're back on the 5 milligram tablets of Dianabol?

15

A. Yes.

Q. And the women, Angella Issajenko, Molly Killingback, they, I assume, would be taking the 5 milligrams a day?

A. Yes.

20

Q. And Johnson and Sharpe, what would their dosage have been?

A. Five -- alternating 5 and 10 milligrams.

25

Q. All right. And how long were the -- were the cycles?



A. The same period, three weeks on, three weeks off, three weeks on. So, it would be a nine week period.

5 Q. And then look back again to the fall of 1983 and indeed the entire calendar year of 1983, did you observe any ill-effects, adverse effects from any of your athletes having taken either Dianabol or Winstrol?

A. No, I did not.

10 Q. And I guess that has to be qualified with the one exception, that in the summer of '82, that they felt some stiffness as a result of taking the 6 milligrams of Winstrol?

15 A. I don't consider that the same as a side effect of a steroid. In terms of your running, had you not been a runner, you probably wouldn't notice it. If you were a weightlifter then that wouldn't matter. You probably wouldn't be aware of such a thing. But, for a runner your muscles have to be so loose and supple in comparison to the average person. It's quite a different thing.

20 THE COMMISSIONER: Did you notice any change in the physique of the athletes while taking the anabolics?

25 THE WITNESS: Yes, they gradually were becoming more muscular but not necessarily gaining weight.



THE COMMISSIONER: More muscular but the same weight prior...

5 THE WITNESS: Same weight and they were going up two or three pounds a year which were routinely to be expected. I believe the primary function of these dosages was to improve their ability to work, their endurance.

THE COMMISSIONER: That would be apparent to a coach, though, the physical change in their ---

10 THE WITNESS: Yes.

MR. ARMSTRONG: All right. Mr. Commissioner, 1983 is a point in time where events change somewhat.

THE COMMISSIONER: All right.

15 MR. ARMSTRONG: In that a doctor enters the picture.

THE COMMISSIONER: In other words, you want to adjourn now?

MR. ARMSTRONG: I'd like to adjourn now.

20 THE COMMISSIONER: Why don't you just ask me?

MR. ARMSTRONG: Can we adjourn now?

THE COMMISSIONER: Yes. 2:15.



---Resuming

THE COMMISSIONER: Mr. Armstrong?

MR. ARMSTRONG: Thank you, Mr. Commissioner.

5

MR. ARMSTRONG:

Q. Mr. Francis, I wanted to double back a bit again, I apologize, but just to complete the picture, which I had not, in 1982, the spring, the group that had been on Dianabol in the fall had included Angella Issajenko, Ben Johnson, Tony Sharpe and Desai Williams.

10 And then in the spring of 1982, in the training season, you had said that Molly Killingback had approached you and had a discussion and as a result, she did a cycle of Dianabol?

15

A. Yes.

20

Q. I had neglected to ask you in the spring of 1982 about the others in the group who again were Angella Issajenko, Ben Johnson, Tony Sharpe and Desai Williams and, so far as you can recollect at this stage, did they do, in the training period, a cycle of Dianabol?

A. Yes, they did. I believe three weeks on, three weeks without, and then three weeks again. But in Molly's case it was strictly three weeks, period.

25

Q. And then we covered the summer of '82



and the experiment, as it were, with Winstrol, I believe we had covered the fall of '82 in regard to the cycle of Dianabol. You had gone back to Dianabol and the group included Angella Taylor-Issajenko, Ben Johnson, Tony Sharpe and Molly Killingback with Desai Williams dropping out because of his belief that he had contributed to his injury he suffered in the indoor season in '82 by virtue of having taken the steroids.

5

10

Now, I think that covers everything in '82 and I had moved you along...

A. I'd like to clarify because ---

Q. Yes, please do?

15

A. Because, in the case of Desai Williams, when you say dropping out, that's to say he stopped taking steroids. He was still training with us.

Q. Still training as part of the group?

A. Yes.

20

Q. And it was his wish in the fall of '82, I take it, not to take Dianabol because of his concern about it perhaps having contributed to his injury?

25

A. Well, he wasn't sure of its efficacy because it was mixed with the result of his injury. So he wanted to try, at least in the '83 season, without it and then he could always make a decision in '84 to go back on it. But if he was successful in '83 he would continue as



he was.

Q. When he said he wanted to not take it in the fall of '82, was that any problem with you? Did you accept that?

5 A. No. My concern was that I know about it because I didn't want to assign work to him and then when it came -- at least he told me in the beginning of the season and then I could adjust his training accordingly so that the work load wouldn't be so high that 10 he would be overloaded without it.

So I wanted to know whether he wanted to do it or not but it was his decision whether he did or did not.

15 Q. All right. Then moving into 1983 which I believe I had already done just before the luncheon break, in summary, as I understand it, in the spring of 1983, there was a cycle of Dianabol that included Angella Taylor-Issajenko, Ben Johnson, Tony Sharpe and Molly Killingback?

20 A. Mm-hmm.

Q. Is that correct?

A. Yes.

Q. And would it again be the same cycle of three weeks on, three weeks off, three weeks on?

A. Yes.

25



Q. And again the men would alternate 5 to 10 milligrams per day, that is 5 milligrams one day, 10 milligrams the next?

A. Yes, that was the idea.

5 Q. What about Angella Issajenko and Molly Killingback? What would their routine have been so far as dosage?

A. Five milligrams a day.

Q. All right. And ---

10 THE COMMISSIONER: I thought you said that Angella Issajenko changed her routine?

THE WITNESS: No, this is in '83 now.

THE COMMISSIONER: I see.

15 THE WITNESS: It was in '82 that she tried something different.

THE COMMISSIONER: But then she went back on this routine?

THE WITNESS: Yes.

20 MR. ARMSTRONG:

Q. Then moving along to the fall of 1983, you would have been starting training in effect for the 1984 year which included the Olympic Games in Los Angeles.

I think you told us yesterday that in

25 preparation for the Olympic Games in Los Angeles one of



the things that you had been able to do was to secure the training site down in Guadeloupe?

A. Yes.

5 Q. And there was then a training camp held in the fall of '83 in Guadeloupe and similarly a training camp held in the spring of '84 in Guadeloupe?

A. Yes, that's correct.

Q. All right. Now, were you in Guadeloupe in the fall of '83?

10 A. Yes, I was.

Q. And what information if any do you have concerning any of these athletes being on a steroid program in the fall of '83, during the training season?

15 A. Well, they were doing a program -- first of all, there was several discussions about it. Angella was investigating, trying to get more information and contacted a doctor in the United States who was well known for the advocacy of anabolic steroids and she wrote to him and he wrote back and she eventually went and visited him in an office in the U.S.

20 Q. Yes?

A. And he recommended a program of growth hormone and Anavar and other supplements that would ---

THE COMMISSIONER: Anavar?

THE WITNESS: Anavar is another anabolic



steroid, A-N-A-V-A-R.

MR. ARMSTRONG:

Q. And then ---

5

THE COMMISSIONER: Growth hormone, Anavar, and something else you said?

THE WITNESS: Another amino acids and a product called L'Dopa which promotes the uptake of growth hormone. They're not on the banned list.

10

THE COMMISSIONER: But growth hormone is.

THE WITNESS: Not at that time, no. I believe it is now.

THE COMMISSIONER: Yes, it is.

15

MR. ARMSTRONG:

Q. And when you say L'Dopa promotes the uptake of growth hormone, what exactly do you mean by that?

A. Well, it apparently promotes your own production of growth hormone.

20

Q. And so far as growth hormone is concerned, back in the fall of 1983, what did you understand that it would do for an athlete who took growth hormone?

A. Well, it was suggested it would be

25



helpful in terms of the strengthening of connective tissue, bone and tendons so that they could better tolerate the work and would work well in conjunction with anabolic steroids.

5

THE COMMISSIONER: Was this program that was recommended by an American doctor would include Anavar as well as growth hormone and the others?

THE WITNESS: Yes.

THE COMMISSIONER: Not just one?

10

THE WITNESS: Yes, the combination.

THE COMMISSIONER: The combination.

MR. ARMSTRONG:

Q. And what indeed he had put in  
15 combination then was the growth hormone plus Anavar which is an anabolic steroid and L'Dopa which would increase, as you say, the uptake of the growth hormone?

A. Yes, this was a program which he suggested for females. The differentials he would suggest  
20 for the program of males was Dianabol.

THE COMMISSIONER: In conjunction with ---

THE WITNESS: In conjunction with the other products, yes.

THE COMMISSIONER: I'm sorry, Ms. Issajenko  
25 discovered this. She came back with the information?



THE WITNESS: Yes, with the information.

THE COMMISSIONER: And she reported to you?

THE WITNESS: Yes.

5

MR. ARMSTRONG:

Q. Also you mentioned something about amino acids. Did the doctor in the United States also recommend the use of any amino acids?

10 A. Yes, arginine and ornithine which are amino acids, some of you may be familiar with, in weight loss or so on. They promote the production of growth hormone in individuals, used in a two to one ratio, two times as much as arginine as ornithine.

Q. Now, you mentioned ---

15 THE COMMISSIONER: I was looking over your C.V. and I notice you took political science and history. Are you sure it wasn't pharmacology.

20

THE WITNESS: It seems to be pharmacology goes along with the sport, unfortunately. I might point out that arginine and ornithine are amino acids which are part of the protein complex and they only work in the absence of protein.

25

THE COMMISSIONER: Did Ms. Issajenko bring back both of these sort of recommended programs both for males and females.



THE WITNESS: Well, she brought back a book published by this individual which indicated all these different technologies, if you will.

5

MR. ARMSTRONG:

Q. All right. Then let me take you back to something you said a few moments ago and that is that this doctor was of the opinion that growth hormone worked well in conjunction with a steroid program.

10

I think you said that growth hormone promoted the strength of the tendons, the bone structures and so on. Have I got that right?

A. There was some mild anabolic properties involved with growth hormone as well.

15

Q. All right. And then the anabolic steroid on the other hand, in simple terms, if I can put it this way, works on the muscles?

20

A. It has more of an affect on muscles than other structures. Of course, any time you strengthen muscle, in response to that, there is a strengthening as long as the strengthening is gradual, the tendons and bone structures strengthen up dependent on the demand placed on them, provided the strength gain is gradual.

25

If an athlete were to take anabolic steroids and had a very rapid increase in strength then the other



structures might not handle ---

THE COMMISSIONER: Would be out of sync.

THE WITNESS: They would be out of sync and so you might have other injuries other than muscles.

5

MR. ARMSTRONG:

Q. I suppose this medical prescription, as it were, that Ms. Issajenko got from this doctor in the United States was an attempt to deal with both the muscles on the one hand through anabolic steroids and the bone structure and the tendons on other hand through growth hormone? Am I right?

10

A. Really a combination of all factors.

15

Q. Yes, all right. Okay. Well then, we'll come back in a moment to what happened as a result of Ms. Issajenko visiting this doctor and getting that prescription in the fall of 1983.

20

I just want to cover the other members of the group at that time insofar as it relates, if it did, to anabolic steroids. What about Ben Johnson and Tony Sharpe?

THE COMMISSIONER: What was the question?

I'm sorry, I lost it.

25

MR. ARMSTRONG: Perhaps there wasn't a question there, I apologize. It may have been a never



ending statement.

MR. ARMSTRONG:

5 Q. Ben Johnson and Tony Sharpe, what asteroid program were they on, if they were, in the fall of 1983?

THE COMMISSIONER: In Guadeloupe?

MR. ARMSTRONG:

10 Q. In Guadeloupe?

A. Yes. Well, at that time they were also -- we obtained some growth hormone and they used growth hormone and Dianabol, as well as the amino acids.

15 Q. And from where did they obtain the growth hormone, do you know?

A. It was obtained in Toronto. We're going to get into that in a few minutes.

20 Q. We'll come to that then. In the fall of 1983, I know that you told us yesterday that it was at about that time that Desai Williams left the group to coach himself?

A. Yes, that's correct.

Q. Together with Mark McCoy?

A. Yes.

25 Q. Now -- so that then is the fall of 1983



and I want to just pause for a moment in the fall of 1983 to ask you about a doctor called Dr. George Mario Astaphan.

5                   And in this period of time, as I understand it, he was introduced to your group in Toronto, presumably before or after they had gone down to Guadeloupe?

10                  A.     Yes. We had been going to a chiropractor who had been treating Angella's back for a period of time and he introduced us to Dr. Astaphan who was sharing a -- he worked in the same complex with him and he suggested we see him. He was very familiar with a lot of the island kids because he had been chief medical officer in St. Kitts and was very familiar with, particularly, with black athletes and he had done a lot of work on hemoglobin studies and other things with these 15                  athletes.

20                  Q.     All right. And when you were first introduced to Dr. Astaphan, did the introduction in any way have anything to do with the implementation of an anabolic steroid program or any drugs on the banned list?

A.     No. Already -- it was immediately prior to Angella going to see this doctor in the United States. However, that was not her reason for going to him.

25                  He was basically picked because we wanted someone to follow up with Angella's back. She had



significant sciatic problems throughout the 1983 season and some hamstring problems. We had done a lot of research to find out the nature of the problem with her.

5                   We had gone to experts in Europe, the head track coach for CFTA, Gerrard Mach, is one of the leading experts in hamstring injuries and he really got a handle on the problem, showed why the treatments she had received previously in Canada had not been successful and introduced her to various experts in Europe.

10                  And we also saw Dr. Doug Clement who, as you know, resides in British Columbia, is not always available to us. But he also came to similar conclusions. I always like to, whenever I have -- I guess it's like taking your car to the mechanic. You don't want to tell him what you think is the problem, you want them to tell you so that 15                 you get the best opinion.

15                  And what I'm looking for is the commonality where people are agreeing with each other. When you have an expert that you trust and respect and you take someone to another person and if they can support those conclusions, you tend to think that they know what they're talking about.

20                  We took Angella to Gerrard Mach, we took her to Doug Clement and they seemed to come to similar conclusions about the way to treat when her. And then 25                 conclusions about the way to treat when her. And then



when we took her to see Dr. Astaphan in Toronto, he said the same things.

So we felt comfortable with the kinds of recommendations he was making in terms of exercises and other treatments.

Q. And were any of your other athletes introduced to Dr. Astaphan in the fall of 1983?

A. Yes, they were. Ben Johnson and Tony Sharpe were introduced to him at that time.

Q. And for what reasons were Johnson and Sharpe introduced to Dr. Astaphan?

A. Well, basically, I wanted to find a doctor who would look after all of the athletes. Up to this point they all had their own doctors. Of course, I had no real handle on information; how they were doing, blood levels and so on.

It seemed to be important to me, if I could have one person who would be looking at them all, I could get a lot more feedback from that doctor. Also, at that time, Molly Killingback went to see him for the first time.

Q. All right. And then during this fall of 1983, did he become in any way involved with the steroid program that any of your athletes were on?

A. He was told of it but he was reluctant



to comment. He knew that Angella was going to see this doctor in Los Angeles and he didn't want to interfere in any way or make any comment until he did know more himself. So he attempted to investigate in the protocols and so forth himself. He didn't make any comment one way or another on what they were doing.

Q. So, then let me move you ahead to the spring of 1984 and specifically the spring training session, if I can call it that, or late winter session in  
10 Guadeloupe.

Perhaps -- I'm sorry. I think I've jumped ahead because I wanted to ask you this; did Dr. Astaphan at some point after Angella Issajenko had gone down to see the doctor in the United States bring to Dr. Astaphan's attention what it was that had been prescribed for her by  
15 the American doctor?

A. Yes.

Q. And were you present when there was a discussion concerning that prescription?

A. Yes, I was.

20 Q. And what reaction, if any -- first of all, I better ask you, when approximately was that discussion?

A. Okay. This was after she had gone to  
25 the U.S. but before she left for Guadeloupe the first



time.

Q. I'm sorry. So I really did jump ahead far too much. And I can help you, it's mid-October that she goes to the United States to see this doctor so ---

5

A. It would be after she returns.

Q. So presumably sometime between mid-October and whenever it was that you went down to Guadeloupe?

10

A. Yes. She came back and we both attended at the doctor's office. She went through the protocol that was being suggested.

THE COMMISSIONER: This is Dr. Astaphan's office?

15

THE WITNESS: Yes, and he wrote it down and tried to go over in his mind whether he agreed or not. He wasn't that familiar with the products; he wanted to look them all up, investigate the protocol but didn't want to make a judgment on the basis that perhaps this other doctor knew a lot more than he did about anabolic steroids. He wanted to reserve judgment.

20

MR. ARMSTRONG:

Q. Yes. And to your knowledge, at that time, what kind of knowledge did Dr. Astaphan have about anabolic steroids? Did you have any sense of it from what

25



he said to you?

A. He didn't make a big case out of it.

He simply -- he wanted to hear what the other doctor had  
to say and then he wanted to look into the matter further  
himself and then see whether it makes sense or was the  
best possible, but he felt that this other doctor had a  
lot of experience and he was hesitant to make a judgment  
without knowing more himself.

10

15

20

25



Q. All right. And did he look into it while you were there or did you come back and see him at some further time?

A. We came back. He seemed to feel this was the best way to go for the present time and Angella went a head. She had obtained the prescriptions in the U.S. and he then attempted to obtain growth hormone to fill the prescriptions for Ben and Tony Sharpe.

Q. All right. Now --

10 THE COMMISSIONER: Where was the Dianabol coming from at that stage?

THE WITNESS: I still had a supply left over from 1982.

THE COMMISSIONER: Dolegiewicz?

15 THE WITNESS: Yes. As you can understand it's a -- they don't go very quickly because it is a short period of time.

THE COMMISSIONER: What's one pill?

THE WITNESS: 5 milligrams.

20 THE COMMISSIONER: 5 milligrams.

THE WITNESS: So, basically, I believe I had about 500 tablets from him in 1982 and that lasted for years.



BY MR. ARMSTRONG:

Q. Now in regard to Angella Issajenko and her visit to the American doctor, he had prescribed the growth hormone, the Anavar and the L'dopa among other things, and did Astaphan agree as a result of taking the whole matter under consideration that it was appropriate to proceed with that program of growth hormone Anavar and L'dopa?

5

A. Initially, yes. Later he investigated the L'dopa. He did not believe it was a particularly favourable substance.

10

THE COMMISSIONER: But there was going to be a switch to Anavar now, was there.

THE WITNESS: This is only for Angella.

15

THE COMMISSIONER: Just for Angella. What about for Ben and Tony Sharpe?

THE WITNESS: They continued with Dianabol.

THE COMMISSIONER: Dianabol plus growth hormones?

20

THE WITNESS: Plus the growth hormone which he was able to obtain.

25

THE COMMISSIONER: Who obtained that growth hormone?

THE WITNESS: Dr. Astaphan.



BY MR. ARMSTRONG:

Q. Okay. I am going to come to that in a moment. Okay. Now, you say initially he agreed that so far as Angella was concerned that the growth hormone, the Anavar and L'dopa, were appropriate, but then he subsequently changed his mind about the L'dopa?

A. Yes. And he recommended a substance called Dixarate which is a very, very mild diuretic. It's 10 percent of a diuretic tablet. And it was felt that it would have a similar effect without the stiffness associated with the use of L'dopa.

Q. All right. Now, when approximately was it that he came to the conclusion that Dixarate would be more appropriate or better to be used than the L'dopa?

A. I believe he came to that conclusion in the fall, but by then we were gone in Guadeloupe, but by the time he made the suggestion. So that next time the cycle of growth hormone was to be used in the spring, that that change would be made.

Q. All right. Now, in regard to Ben Johnson and Tony Sharpe, you said that Dr. Astaphan obtained some growth hormone for them. And when was that?

A. In the fall.

Q. Now --

A. I might point out that Tony Sharpe and



Angella Issajenko went to the Guadeloupe about two weeks in advance, two to three weeks in advance of a number of the rest of us.

THE COMMISSIONER: It's the fall of '83.

5

THE WITNESS: The fall of '83.

10

MR. ARMSTRONG:

Q. Yes.

A. They went down in advance. Then Ben and myself and a number of the younger athletes went down there.

15

Q. All right. Now there are different kinds of growth hormone I take it. There is natural growth hormone, that is actually obtained from dead bodies of human beings; and then there is a synthetically-produced growth hormone. Am I right?

20

A. There were two, natural and synthetic. At that time there were no synthetic growth hormones available. They had not been approved at that time.

Q. All right. So whatever --

A. It was a natural.

25

Q. -- Angella Issajenko got in the United States, she probably would have then received natural growth hormone and whatever Dr. Astaphan got for Johnson and Sharpe would again have been natural?



A. Yes, it was a product called Crescormone (phon).

Q. Crescormone?

A. Yes, which comes from Scandinavia.

5 Q. And do you know where Dr. Astaphan actually obtained that Crescormone?

A. No, I don't.

THE COMMISSIONER: How do you know he obtained it? Did he give it to you?

10 THE WITNESS: Yes, he gave it to me and I gave it to the athletes.

BY MR. ARMSTRONG:

Q. Was growth hormone then on the banned

15 list --

A. No.

Q. -- in the summer or -- sorry, the fall of 1983?

A. No, it was not at that time.

20 Q. All right. And so far as you are aware is it a detectable substance by testing through --

A. No.

Q. -- gas chromatography?

A. No, it is not.

Q. Even today?

25



A. No, it's not detectable.

THE COMMISSIONER: Well, there is some discussion about that. We have heard there may be now.

5 THE WITNESS: Possibly for the future but they are also discussing tagging the molecular structure in some way that could be identified and separated from a normal one but nothing like that has been done thus far.

BY MR. ARMSTRONG:

10 Q. All right. So then that would appear to be the situation in the fall of 1983. We then go into the winter -- spring of 1984 leading up to eventually to the Los Angeles Olympics. I want specifically again to take you to the training camp in Guadeloupe.

15 THE COMMISSIONER: The Anavar that Ms. Issajenko was taking was on an American prescription?

THE WITNESS: Yes.

THE COMMISSIONER: Did she get Anavar as far as you are aware?

20 THE WITNESS: Yes, in the U.S.

THE COMMISSIONER: And she started to take that at Guadeloupe, did she

THE WITNESS: At that time, yes.

THE COMMISSIONER: In the fall of '83.

25 THE WITNESS: Yes.



THE COMMISSIONER: But the male athletes were never on Anavar?

THE WITNESS: No, they were not.

5

BY MR. ARMSTRONG:

Q. All right. And so far as you are aware, just to cover that point, did Ben Johnson and Sharpe take Dianabol and the growth hormone in the fall of '83?

10

A. Yes.

Q. Growth hormone, now is it -- when it was obtained in the fall of '83, is injectable or --

15

A. It's injectable. It comes with a white powder with distilled water mixed together. It's injectable.

Q. All right. And in the fall of '83, do you know who would have injected Angella Issajenko?

A. I believe at that time Tony Sharpe was giving her the injections.

20

Q. What about Johnson and Sharpe?

A. They were getting the shots from Angella.

Q. Angella Taylor-Issajenko?

A. Yes.

25

Q. Then moving along finally, I am sorry I



keep coming back, it's turning out to be a bad afternoon for me, but I think I am finally going to get you into '84. We go to Guadeloupe and for that spring training camp. Were you down there?

5

A. Yes.

Q. Angella Issajenko, was she there?

A. Yes.

Q. Ben Johnson, was he there? You have got to say yes, if you would, please?

10

A. Yes.

Q. And Tony Sharpe, was he there?

A. Yes.

Q. All right. And then what kind of drug program were those athletes on in Guadeloupe in the spring of '84, if they were on drug program?

15

A. They followed the same basic protocol as they had in the fall. Angella had a series laid out for her by this doctor in the United States, and basically Ben and Tony followed the same protocol.

20

THE COMMISSIONER: As before?

THE WITNESS: No, as recommended by this doctor only substituting the Dianabol --

THE COMMISSIONER: For Anavar.

THE WITNESS: -- for Anavar.

25



BY MR. ARMSTRONG:

Q. I am going to see if I can refresh your memory on one point. Was a drug called aqueous-testosterone (phon) introduced in about this period?

5

A. Yes, some of them were using it on occasion.

Q. Yes.

10

A. To -- apparently it was supposed to complement the growth hormone.

Q. All right. And do you know from whom the aqueous-testosterone was obtained?

15

A. I believe it may have been from Dr. Astaphan, but I am not sure.

Q. And do you know who may have taken the aqueous-testosterone?

A. I believe all of them at one time or another took some of it but they were using very, very small amounts.

20

Q. All right. Then Mr. Francis, there is also a drug called inocine. Are you familiar with that drug?

25

A. Yes, it is -- it's a substance which helps increase your storage of ATP and creatine phosphatase.



Q. A little fast, slow it down if you would, please.

THE COMMISSIONER: It increases what?

5 THE WITNESS: It increases the storage of of ATP and creatine phosphatase in the muscles.

THE COMMISSIONER: Put that into English?

10 THE WITNESS: That's the fuel that you use in anaerobic activity. And if you could increase the amount of fuel you can do more work before you get into lactic acid and --

THE COMMISSIONER: Is that an injection, too? Is it by injection or by a pill?

15 THE WITNESS: Well, there are many different types of it, but in fact in the spring of that year, Dr. Astaphan found a form of it that was in a B 12 mixture which is injectable. The advantage being that since the inocine is very easily oxydized if it is in the air and rendered inert

20 THE COMMISSIONER: But is it part of a B 12 compound of some sort?

THE WITNESS: No, it was simply mixed in with the B 12 and held in suspension in a B 12 compound.

25 THE COMMISSIONER: By the manufacturer or did he do that?

THE WITNESS: I don't know who manufactured



it.

THE COMMISSIONER: But you can buy it that way, can you?

5 THE WITNESS: It's not commercially available, no.

THE COMMISSIONER: So, it is a special compound?

THE WITNESS: Yes, but it's not on the banned list.

10 THE COMMISSIONER: Pardon?

THE WITNESS: It's not on the banned list.

THE COMMISSIONER: I understand.

BY MR. ARMSTRONG:

15 Q. All right. And I am sorry you may just have said this, my attention was drawn to some of my notes, and I apologize, the inocine was introduced by whom?

A. By Dr. Astaphan.

20 Q. By Dr. Astaphan. And it's injectable?

A. Yes.

Q. And what color is inocine?

A. It's a reddish-brown color. Now, that's the inocine-B 12 mixture is a reddish-brown color.

25 Q. All right. Well, you mentioned



inocine-B 12 mixture. Was inocine also mixed with vitamin B 12?

A. Yes, it came mixed that way. B 12 was the liquid and inocine powder was somehow held in suspension in the B 12.

5

Q. All right. And so when vitamin B 12 and inocine were mixed together, they would have a reddish-brown color?

A. Yes.

10

Q. What about inocine alone, do you know what was the color it was?

A. Well, I have seen it in powder form only. It would come in a white powder.

Q. Vitamin B 12 alone, what color is it?

15

A. Red.

Q. Red?

A. Well, varying colors from bright red to reddy-brown.

20

Q. All right. And in any event, when was it that your athletes started receiving inocine mixed with vitamin B 12?

A. Well, Dr. Astaphan had heard about it and he attempted to obtain it in the fall. He didn't get any, but in the spring he was able to get some and at that point they began to use it.

25



Q. So this would be the spring of 1984?

A. Yes.

Q. As far as you are aware were your  
three athletes Issajenko, Johnson, and Sharpe, also  
receiving injections in Guadeloupe of the mixture of  
vitamin B 12 and inocine?

A. Yes, they were mixing the products  
together basically.

Q. All right. So just that we have that  
then, they would be mixing the growth hormone --

A. And the vitamin B 12 inocine.

Q. -- and the B 12 inocine mixture. To  
the extent perhaps that they took aqueous-testosterone  
would that also be part of the mixture?

A. It could be but the amount of the  
aqueous-testosterone used was less than and 10th of a cc,  
so.

THE COMMISSIONER: Plus the Dianabol.

THE WITNESS: And they were taking --

THE COMMISSIONER: Plus the Anavar?

THE WITNESS: Yes.

THE COMMISSIONER: Dianabol was that always  
in pill form?

THE WITNESS: Yes.



BY MR. ARMSTRONG:

Q. Up to this stage?

A. Up to this stage.

Q. As we move along we will see Mr.

5

Francis --

THE COMMISSIONER: I meant at the stage --

MR. ARMSTRONG: -- that it becomes  
injectable?

THE WITNESS: At this stage.

10

BY MR. ARMSTRONG:

Q. All right. Then one name we haven't mentioned in 1984 is Molly Killingbeck who had prior to this come on a steroid program. And in 1984, what was the situation with her so far as steroids were concerned?

15 A. Well, at that time in the fall of 1983, Desai Williams had left the group, he didn't like the training program that we had. He wanted to concentrate more on endurance work and I wanted him to concentrate more on his development of maximum speed. He wanted to go on his own, and he did so and he went with Mark McCoy.

20 As Molly was Desai's girlfriend it was rather difficult. Also Desai, to my knowledge, had gone away from the anabolic steroids and he at that time told Molly that he didn't want her to use them either.

25



Q. All right.

A. And she did not.

Q. All right. And did you accept that?

A. Yes. She had to tell me about it. You  
5 know, of course, because it was important you have to  
change the training to adjust, you know, to the levels of  
work that she would be able to tolerate.

Q. Okay. Now finally in respect of the  
drugs that these athletes were receiving in Guadeloupe in  
10 the spring of 1984, what was the cycle and the dosage, can  
you help there, please?

A. Well, they were taking alternating 5  
and 10 milligrams of Dianabol.

Q. The men?

15 A. The men.

Q. Yes. For what period of time?

A. I believe it went for six weeks.

Q. Yes.

20 A. Then they took growth hormone, they  
took one --

Q. Sorry, let me just stop you there.

When you say it went for six weeks, six weeks straight?

A. Yes, straight.

Q. Okay.

25 A. Which was different.



Q. That's Dianabol?

A. Yes. And they used some growth hormone as well during that period. And I believe they had about --

5 Q. Well, we have got growth hormone and inocine and vitamin B 12 mixed?

A. Yes.

10 Q. And that's an injectable. How many shots a week, in what dosages, would they have received of the growth hormone and the inocine-B 12 mixture?

A. Okay. It gets complicated but --

Q. Well, take your time.

15 A. The prescription for the growth hormone was to take one vial a week for six weeks. They didn't have enough for that. They had four vials each, I believe. And they did in the middle of the cycle of the Dianabol they took one bottle per week for four weeks of growth hormone.

20 THE COMMISSIONER: Did Mrs. Issajenko take the growth hormone or just the men?

THE WITNESS: She took the growth hormone as well, however, she had the full six weeks worth of it.

THE COMMISSIONER: I see.

25 THE WITNESS: And they -- it was divided -- the growth hormone has to be kept refrigerated and it was



divided. You could mix it for a few days, it was divided into two doses so it was injected twice a week with the B 12-inocine together.

Q. All right. And we are going to hear  
5 from Angella Issajenko and Tony Sharpe who were doing the injections, but do you know where in fact the injections were done in Guadeloupe?

A. Well, eventually after the first period  
of time down there Angella Issajenko got an apartment  
10 there with Tony Issajenko, at that time they were living  
together but later were married. And they got an  
apartment just basically across the street from the  
training center where the rest of us were staying. And  
the supplies were stored in her refrigerator and the  
15 injections were given there.

I might add that Tony Sharpe who was staying  
with a friend who was a coach down there in an apartment  
right across the hall from Angella most of time.

Q. Now, going back to the growth hormone  
20 that you obtained from Dr. Astaphan and in turn you say  
you gave it to Ben Johnson and Tony Sharpe, I just want  
your best recollection, please, as to what actually you  
gave to Ben Johnson and Sharpe, and what it was that you  
said when you gave it to them?

25 A. I explained --



Q. I don't know what -- did you do it together?

A. Yes.

Q. Were they together or separately?

5 A. I believe they were together.

Q. All right.

A. Just explained what it was. Well in actual fact initially I talked to Tony first because he was in Toronto. We met and talked about it. And later 10 talked to both of them -- we had the substance explained that it was growth hormone, that this was being used a lot in the United States, the information had come from this American doctor and so on. He had mentioned to Angella how many Olympians and other top athletes he was treating 15 in the U.S., and basically explained it's use and how it would be administered.

Q. All right. And did you give that information to Sharpe and Johnson?

A. Yes. I also told them that it was not on the banned list and it was not testable.

20 Q. And did Ben Johnson appear to understand what it was you were telling him in respect of the growth hormone?

A. Yes.

25 Q. Did Tony Sharpe appear to understand



what you were telling him in respect of the growth hormone?

A. Yes. I also believe they may well have talked to Dr. Astaphan about it, but I am not really sure. I wasn't in attendance when they first went to his office. I don't believe I was in attendance with them. So, he may well have gone through it as well, but I don't know.

Q. I will make a note to ask Dr. Astaphan that question. Then in regard to the growth hormone, it is an expensive drug, is it not? I guess that's not the proper terminology to say drug because it's a substance it's been called that.

A. Yes, it was. It cost in the United States at that time was about \$130.00 to \$150.00 a bottle. It's now gone up tremendously but at that time that was the cost. Angella had saved money from Europe the year before, she had purchased it herself.

THE COMMISSIONER: How much is in a bottle?

THE WITNESS: Enough to last one week.

THE COMMISSIONER: Just one week.

THE WITNESS: So usually if you took the protocol as suggested by the American doctor, you would be using 12 bottles in a year.



BY MR. ARMSTRONG:

Q. Sorry, 12 bottles a year?

A. 12 bottles a year. So, it's very expensive obviously.

5

THE COMMISSIONER: How much was Dianabol costing those days?

THE WITNESS: Oh, I believe it was \$20.00 a 100 so.

THE COMMISSIONER: 100, 5 milligrams?

10 THE WITNESS: Yes. In other words for a year if you used 12 --

THE COMMISSIONER: You are obviously a better pharmacologist than mathematician?

15 THE WITNESS: You will be looking at about \$20.00 for the year.

BY MR. ARMSTRONG:

Q. Now, so the growth hormone that Angella got in the United States she paid for herself. Now what about the growth hormone that you obtained from Dr. Astaphan. Did you or Johnson or Sharpe pay him any money for that?

25 A. Eventually -- well, he provided it and I asked him how much it would cost and he said eventually he would find out or he would tell me or whatever, but in



fact he never did charge for it.

Q. All right.

A. So, he obviously paid for it himself.

Q. All right. And how does growth  
5 hormone come packaged in a bottle or?

A. Well, it has a box around it.

Q. Yes.

A. There are different types of course.

Q. Yes.

10 A. Crescormone has a little box, you open it up, and it has two vials inside, one with a powder another with a distilled water. You break the --

THE COMMISSIONER: This is the natural substance then in '84?

15 THE WITNESS: Yes.

THE COMMISSIONER: It became synthetic later?

THE WITNESS: Yes.

THE COMMISSIONER: It is still pretty hard  
20 to get now?

THE WITNESS: Apparently not at this particular time in the United States. A tremendous amount of it was distributed last year.

25 THE COMMISSIONER: There was a shortage for awhile I understood.



THE WITNESS: Yes, but apparently in the United States I believe there are 4,000 registered dwarfs and 900,000 bottles of growth hormone distributed last year. I believe that figure came from the task force, I am not sure.

5

MR. FUTERMAN: I can't hear some of that.

BY MR. ARMSTRONG:

10

Q. You are letting your voice drop because sometimes I can't hear you. Do you want to just repeat that?

THE WITNESS: I believe a very large supply was distributed last year.

THE COMMISSIONER: Last year?

15

THE WITNESS: I would have to obtain the exact figures, but you know I don't believe there is any shortage now specially as it can be genetically manufactured.

THE COMMISSIONER: Right.

20

BY MR. ARMSTRONG:

25

Q. All right. And did Sharpe get a package and Johnson got a package containing these two vials, or was there a package between them? How did that work?



5                   A. Well, the stuff was all in the apartment, at Angella Issajenko's apartment once they took it to Guadeloupe. And of course they would mix it up. I am assuming they would just mix one batch and divide it had in half each sometime so they wouldn't have to --

10                  Q. I understand that but I am going back to the time when you said you gave Sharpe and Johnson growth hormone that you had obtained from Dr. Astaphan. And what I wanted to know was did he give you two packages as it were of the stuff?

15                  A. Well, they were boxes of it. I believe there were some for Angella in there as well, sort of 14 boxes of it.

                      Q. 14 boxes?

20                  A. Yes.

                      THE COMMISSIONER: Did you take them to Guadeloupe or did the athletes?

                      THE WITNESS: The athletes took it.

25                  THE COMMISSIONER: Well, you gave each of them some before they left?

                      THE WITNESS: Yes.

                      BY MR. ARMSTRONG:

                      Q. Can you remember approximately how many packages or boxes of it you would have given Ben Johnson?



A. I believe he got four boxes ultimately.

Q. All right. How about Sharpe and  
Issajenko?

A. Four and six.

5 Q. All right. And then just finally on  
this one part of your evidence, when was it is  
approximately that you got the growth hormone from Dr.  
Astaphan?

10 A. It was -- I remember it being  
immediately prior to leaving for Guadeloupe.

THE COMMISSIONER: In the spring of '84?

MR. ARMSTRONG: In the spring.

BY MR. ARMSTRONG:

15 Q. Right. Okay. If we can put a  
timeframe on Guadeloupe it is I believe early March to  
some time in April that you were there; am I right?

A. Yes.

20 Q. All right. Now, prior to the Olympic  
games in Los Angeles in July of 1984, were there any other  
cycles of drugs or other performance enhancing substances  
given to your athletes after the training camp in  
Guadeloupe?

A. No, I believe that was it.

Q. All right.



THE COMMISSIONER: And the Olympics was July.

5

THE WITNESS: Yes, it was. I believe the Olympics were middle of July, our national championships were middle of June.

THE COMMISSIONER: They compete there first?

THE WITNESS: At the nationals, yes.

10

THE COMMISSIONER: From Guadeloupe they got back and did the national championships?

THE WITNESS: I am sorry?

THE COMMISSIONER: After Guadeloupe the next competition --

15

THE WITNESS: No, they came back to Toronto for a couple of weeks. This was quite early and then in mid to late May they had a two-week period in Provost, Utah where they had a series of competitions. Then they came back from there and prepared for the national championships, competed at the nationals.

20

THE COMMISSIONER: But the drug therapy program, as you call it, ended in Guadeloupe really?

THE WITNESS: Really, yes.

THE COMMISSIONER: In '84.

25



BY MR. ARMSTRONG:

Q. All right. Then post Olympics in 1984, let's move along to the fall of '84. Do we go into the same situation of a fall training period leading up to  
5 the winter indoor season?

A. No, I don't believe so.

Q. No?

A. No, I am quite sure it didn't.

THE COMMISSIONER: Were the Olympics in  
10 July '84, July '84.

MR. ARMSTRONG: July '84. I am after the Olympics.

THE COMMISSIONER: I understand that.

THE WITNESS: You are now talking about the  
15 fall period going into --

BY MR. ARMSTRONG:

Q. I am now talking about the fall period leading into the 1985 season. Was there a training period in which steroids or other substances were taken to enhance the performances?  
20

A. In '84, '85, yes.

Q. Okay.

A. I didn't know whether you meant we went  
25 to a training camp in another country.



Q. No, no, I am sorry. I assume that in the fall of '84 you are probably up at York, are you?

A. Yes.

Q. Okay. And can you just tell the 5 Commissioner, in the fall of 1984, what athletes of yours were on a steroids or other drug program and what the program involved?

A. Well, in the fall of '84 I guess it would have been just Ben and Tony. In the late fall, 10 Angella became pregnant.

Q. And she eventually gave birth to a child in what, September of '85?

A. Yes, September 1st, '85.

Q. So, she was then obviously out of any 15 training for the '85 season and presumably not involved in any steroid program?

A. Yes.

Q. All right. Now in the fall of 1984 you say there was just Ben and Tony, that would be Ben 20 Johnson and Tony Sharpe. What drugs were they using if you know?

A. Well, this was the period of time when Dr. Astaphan became more involved. He had looked into the drugs recommended by the U.S. doctor and growth hormones and so on. He was not particularly impressed with growth 25



5

hormone. He didn't think it was as useful except in the case of an injury. And he felt that he had other products and he had a water-based Dianabol product which he felt was better than any of the others. He he also liked the idea that that would keep the system within his own hands. And you know less likely for any variations and so on.

THE COMMISSIONER: You are dropping your voice.

10

THE WITNESS: I am sorry.

THE COMMISSIONER: Water-based Dianabol?

15

THE WITNESS: Yes, an injectable form.

THE COMMISSIONER: An injectable form?

THE WITNESS: With a water base that's so it would have a short clearance time. An oil base injection would last for months.

THE COMMISSIONER: So it clears your system faster if it's a water-based injectable?

THE WITNESS: Yes.

MR. ARMSTRONG: All right.

20

THE COMMISSIONER: By this time were you concerned about testing?

THE WITNESS: If what respect? We always would be careful of tests.

25

THE COMMISSIONER: But the clearance time is relevant to testing, is it not?



THE WITNESS: Yes.

THE COMMISSIONER: That's what you are talking about.

THE WITNESS: Well --

5

THE COMMISSIONER: Clearance time is because you want to clear it before the test.

THE WITNESS: Yes, precisely.

THE COMMISSIONER: So the water-based Dianabol has a shorter clearance time.

10

THE WITNESS: Yes.

THE COMMISSIONER: It could be taken closer to the competition?

THE WITNESS: Yes.

THE COMMISSIONER: Is that right.

15

BY MR. ARMSTRONG:

Q. All right. Now, was that the principle advantage then of this water-based Dianabol that it had a shorter clearance time than the actual Dianabol tablets?

A. Well, also Dr. Astaphan explained it was easier on the system using water-based injectable drugs rather than oils.

Q. All right.

25

A. He felt they were --



THE COMMISSIONER: Did he have this water-based Dianabol?

THE WITNESS: Yes, he had it.

5 THE COMMISSIONER: That was the change in the protocol, was it.

10 THE WITNESS: Yes, it was. At that point he

began to take over the administration of the anabolics and so on. And I began to have less to do with it as it appeared that he obviously knew much more than I did and had found out a lot.

BY MR. ARMSTRONG:

Q. All right. And when you say at that point, again I appreciate it was a few years ago, but as best you can recall, at what point did he take over the administration as it were of the steroids program?

A. I guess it would have been late September or early October of '85 when they began training again.

20 MR. ARMSTRONG: All right.

THE COMMISSIONER: '84 or 85.

THE WITNESS: '84, I am sorry.

THE COMMISSIONER: '84.

THE WITNESS: Leading into the 85 year. We

25 tend to think of --



THE COMMISSIONER: I understand?

THE WITNESS: -- competitive years rather  
than --

5 THE COMMISSIONER: The fall of '84 getting  
ready for '85.

THE WITNESS: Yes.

THE WITNESS: All right.

THE COMMISSIONER: What do you mean when you  
say took over the administration?

10

15

20

25



THE WITNESS: Well, he began to make the recommendations and ---

THE COMMISSIONER: Did he supply the drugs?

THE WITNESS: Yes.

5

MR. ARMSTRONG:

Q. And this water based Dianabol, I assume then as a result of your last answer to the Commissioner, he obviously obtained that drug?

10 A. Yes.

Q. And did he begin at some point in time to actually administer the injections himself?

A. Yes, he did.

Q. Where were they done?

15 A. In his office.

Q. And how do you know that?

A. I sent them there. On some occasions, I was in attendance when he did. Other times the athletes went there on their own.

20 THE COMMISSIONER: Well, which athletes are you speaking of now, just the two?

THE WITNESS: Just the two. But one more athlete did go to him at that time, it was Tony Issajenko, and he wanted to go on the steroid program. This is 25 Angella's husband.



THE COMMISSIONER: Mr. Sharpe and Mr. Issajenko?

THE WITNESS: Yes. He wanted to go on the program. He was a sprinter also.

5

THE COMMISSIONER: Did you ever accompany them, yourself, to the doctor.

THE WITNESS: On occasion, yes.

MR. ARMSTRONG:

10

Q. And who, for example, would you have accompanied to the doctor?

A. I believe at different times I went with Ben and with Tony Issajenko. I don't believe I was in attendance with Tony Sharpe but I'm not sure.

15

Q. All right.

20

A. I might add, additionally, a number of athletes went to Dr. Astaphan and obviously they may or may not have gone on a steroid program. Some were prepared -- you know, they could go directly to him and ask.

25

Q. Now, I think you've told us this morning that the clearance time for Dianabol was 21 days and you tacked on an extra seven to be sure so you operated by the practice of employing a 28 day period for your clearance time. What period of time did you adopt in



respect of the water-based Dianabol, do you recall?

A. I believe we were using 28 days at that time.

Q. Even though it was thought to clear the  
5 system more quickly? Or have I misunderstood your evidence in that regard?

A. I'm saying that water based injection clears more quickly than an oil based injection.

Q. Than an oil based injection?

10 A. Not necessarily in a tablet.

Q. This may be a little too obvious a question but I want to ask you it anyway. How important was it for the athlete to know what clearance times were?

15 A. Well, they had to -- it was less important obviously with the doctor involved because, in fact, he would not administer it unless they had the substance themselves and then it had to be obviously crystal clear.

20 Q. All right. But, what about your athletes? Did they understand, so far as you believe, what the clearance times were for any of the drugs they were on?

A. Yes.

Q. Was it made known to them?

A. Yes.



Q. Was it made known to them by you?

A. No, by Dr. Astaphan.

THE COMMISSIONER: I'm sorry, I can't hear your question, Mr. Armstrong.

5

MR. ARMSTRONG:

Q. Sorry, I apologize. I turned my back.

Was it made known by you as to what the clearance times were to these athletes?

10

A. No, I don't believe so. I believe Dr. Astaphan did but he did it in my presence on one or two occasions.

15

Q. All right. And when he did it in your presence on one or two occasions, can you remember who was there?

A. I believe Ben was there and Tony Issajenko.

Q. And did Ben Johnson appear to understand what the doctor was telling him?

20

A. Yes.

Q. Tony Issajenko appeared to understand what the doctor was telling him?

A. Yes.

25

Q. All right. Then moving along to the actual year of 1985, into the winter, you told us



yesterday, that you had a training period in Tallahassee, Florida in the, I think, the March break period of 1985 and were any of your athletes on a steroid or other drug program while at the training camp in Tallahassee?

5

A. Yes.

Q. And this is the point in time where I believe the list expands a bit, is that not so?

A. Yes, Dave McKnight and Mike Sokolowski were also going to Dr. Astaphan by then.

10

THE COMMISSIONER: Were they in your group then?

THE WITNESS: Yes.

THE COMMISSIONER: McKnight and Sokolowski.

THE WITNESS: Both were training with me.

15

One was 400 metres, Sokolowski, and Dave McKnight was 100 metres.

THE COMMISSIONER: They also were patients of Dr. Astaphan?

20

THE WITNESS: They also went to Dr. Astaphan, yes.

THE COMMISSIONER: You also said they were on the steroid program?

THE WITNESS: Yes.

THE COMMISSIONER: Who prescribed that then,

25

Dr. Astaphan?



THE WITNESS: Dr. Astaphan.

THE COMMISSIONER: Were they on it, as far as you knew, in Tallahassee?

5 THE WITNESS: Yes, in Tallahassee, yes. To the best of my knowledge before but, of course, I didn't see all of it.

THE COMMISSIONER: In Tallahassee you knew that.

THE WITNESS: Yes.

10

MR. ARMSTRONG:

Q. Did you have an athlete in your group called Kevin Tyler?

A. Yes.

15 Q. Was he on the steroid program in the winter/spring of '85?

A. I'm not sure. I suspected that he was but I was not really sure. In '86 I know that he was.

20 Q. All right. Then in the spring training period of 1985, what was the drug that was employed?

A. Water based Dianabol.

Q. So that again was an injectable?

A. Yes.

25 Q. And when you're at the training camp in Florida, who would have been doing the injection?



A. Tony Issajenko was rooming, I believe, with Dave McKnight and Tony Sharpe. They were both doing injections. Tony was rooming with Ben Johnson and I believe that Sokolowski and Issajenko and McKnight were together.

5 Q. Then when you weren't away from  
Toronto ---

THE COMMISSIONER: May I ask you this, the water based Dianabol would also come in a bottle form?

10 THE WITNESS: It would come in a bottle as a white, milky white substance.

THE COMMISSIONER: As a milky white substance, in bottles?

THE WITNESS: Yes.

15 THE COMMISSIONER: Like a manufacturer's bottle or is it made up of ---

THE WITNESS: Yes, it's a manufacturer's bottle but it didn't have a label on it.

20 THE COMMISSIONER: No label? Who supplied that, the doctor?

THE WITNESS: Yes, Dr. Astaphan.

THE COMMISSIONER: It came to the athletes from the doctor?

THE WITNESS: Yes.

25 THE COMMISSIONER: but no label?



THE WITNESS: No label.

THE COMMISSIONER: Any instructions on it?

Did you ever see any of these bottles?

5 THE WITNESS: One of the bottles I saw with  
a label, just a handwritten label, 'Do not take within 28  
days of competition.'

THE COMMISSIONER: I'm sorry, the label said  
that?

THE WITNESS: Yes.

10 THE COMMISSIONER: That was the only  
instructions?

THE WITNESS: Yes. The instructions were  
obviously given.

15 THE COMMISSIONER: Whose handwriting was  
that as far as you know?

THE WITNESS: I don't know.

MR. ARMSTRONG:

20 Q. We're going to come back to that a  
little later, the bottle with that label on it. I'm  
sorry, I jumped in, Mr. Commissioner.

THE COMMISSIONER: I'm getting used to that,  
Mr. Armstrong.

25 MR. ARMSTRONG: You're learning, slowly but  
surely. Certainly not in 9.79 seconds. All right.



MR. ARMSTRONG:

Q. Mr. Francis, in this 1985 period when you weren't away from Toronto, such as you were when you were in Florida at the Tallahassee training camp, I take 5 it from what you've indicated in your evidence in the last few minutes that the athletes would actually go to Dr. Astaphan's office to receive injections from him to the extent that they were receiving injections of water based Dianabol and so on?

10

A. Yes.

Q. And to your knowledge, were they also receiving inocine, Vitamin B-12 mixtures from Dr. Astaphan?

A. Yes.

15

Q. And can you help us as to the balance of the 1985 year, and perhaps this is too general a question, I apologize, but when was it that the water based Dianabol would have been administered during the 1985 season, apart from the period of time before?

20

A. It was administered during the fall period, not for a particularly long period of time, I would say about four weeks. And then in the spring, after they started the program in Tallahassee again, and then continued it on for about four more weeks after that.

25

Q. Okay. I'm sorry, I've kind of gone at



this a little backwards.

A. Actually, no...

Q. I've gotten things confused?

5 A. Three weeks after they would have continued on after Tallahassee. Plus Tallahassee would make four weeks.

10 Q. I'm going to start from the beginning again because I have confused the issue, I'm afraid. Just to get a chronological order, in 1985, calendar year 1985 is the first administration of the water based Dianabol in Florida, in Tallahassee, in the March break period or is there some before that?

A. In the fall.

15 Q. No, no, okay. Well, the fall of '84. We've covered that?

A. Yes.

Q. We can leave that alone. We're finished and I think we did a perfect job there.

20 THE COMMISSIONER: I wish I could say the same about you.

MR. ARMSTRONG: That will never be said.

THE COMMISSIONER: When you speak of '85, you start with the fall of '84. When you speak of '86 you start with the fall of '85.

25 MR. ARMSTRONG: Where are we now? Are we



in the fall of 1990?

THE COMMISSIONER: It seems like that.

THE WITNESS: This is the 1990 court year.

THE COMMISSIONER: We get back now to 1985.

5

MR. ARMSTRONG:

10

Q. Okay. So, all right. There is for the 1985 season, we've covered the fall period and then I want to you to take me through the rest of the year as to when the steroids were administered to Sharpe, McKnight, Sokolowski and Johnson and Tony Issajenko?

A. There was a four week period again in the spring starting with Tallahassee and continuing in Toronto for three more weeks.

15

Q. All right. And then after that?

A. That was it.

Q. That was it for calendar '85 or do we then go into the '86 season in the fall of ---

A. That's it, competitive '85 season.

20

Q. Competitive '85 season. And again I don't think I asked you this, what were the dosages of the, if you know, of the water based Dianabol?

A. It was about -- I believe it was one cc twice a week, but I don't know the exact dosages.

25

Q. Okay. And then Dr. Astaphan, did he



continue in this period of 1984/85 to treat your athletes in respect of their injuries as they developed?

A. Yes.

Q. And did you come to any conclusion as  
5 to what kind of a job he was doing in that regard?

A. I thought he was doing an excellent job. Most particularly in the case of Molly Killingback who was severely injured in the '84 Olympic trials.

At the time, the track that the Olympic  
10 trials were held on had only been laid approximately two weeks before the competition so that the surface hadn't hardened up sufficiently. It usually takes two or three months for the surface to cure.

So almost all of our athletes were injured  
15 in one way or another. Angella Issajenko was injured, actually. Molly Killingback was injured, Ben was injured, Tony was injured. So we had a lot of problems.

All of them got treatment at one time or another but the most severe was Molly Killingback who had  
20 her quadriceps pulled. This is usually a very difficult injury to treat. I took her to a leading expert in sports medicine in Toronto who examined Molly up at York University and he made a diagnosis of an injury to her rectus femoris muscle in the quadriceps and mentioned that the injury was up in the side of the muscle, it  
25



wasn't too serious and so on, and that she should discontinue running and he wouldn't have to do much treatment on it.

5 I knew that didn't jibe with what I had seen and so I was very suspicious of this diagnosis.

I then took her immediately, within 20 minutes, I drove her over to Dr. Astaphan's office. He brought her straight in and examined her and was able to find, with his finger, a hole in the muscle where it had 10 been torn off the bone the size of your finger. You could actually put your finger inside the injury site. It was a very serious injury indeed.

So, it was completely misdiagnosed and mishandled at the other location.

15 He recommended that she do no any running whatsoever for a period of five days, recommended a medication called Varidase which is a substance that sort of speeds up the mobilization of amino acids, helps the formation of scar tissue and so on, and designed a program 20 by which she could be rehabilitated with muscle stimulation and other protocols.

And then, rather than starting with very long slow runs and building up her speed, he decided that, in fact, the best way was to work with a series of short runs and work out towards the ultimately running 400 25



metres that you have to do in Los Angeles.

5

So we worked backwards from the Los Angeles Olympics to the injury which only gave us a month and began working through, set it up and in actual fact she was able to run in the actual Olympics and ran 50.66 in a relay leg which was her personal best. I was extremely impressed with that.

10

Q. And did you continue through the period of '84/85, indeed up to 1988, to be impressed with Dr. Astaphan's abilities as a physician treating your athletes for their various injuries?

15

A. Yes. And I might point out that in 1986, Waldemar Mapuszewski came on board with us, who is a physiotherapist trained in Poland. He was one of the world's leading experts. He has a Ph.D. in electronic muscle stimulation and ran a very large rehab institute in Warsaw, Poland with up to 20 physiotherapists working on staff for him, probably the world's leading expert.

20

And again, once again, I would try to compare the diagnosis that would be presented by both Waldemar and by Dr. Astaphan and invariably they would agree.

25

So, I was reassured that, in fact, they were on the same wave-length and were doing the best job that we could get for the athletes.



Q. And what was your observation, if you had one, as to how the athletes appeared to respond to Dr. Astaphan?

A. They liked him.

5 Q. All right. Then let's go to the 1986 season which I just learned would start in the fall of '85?

A. Okay.

10 Q. What happened at the start of that season?

A. Dr. Astaphan found a new drug which he referred to as estragol.

THE COMMISSIONER: What?

THE WITNESS: Estragol.

15 MR. ARMSTRONG:

Q. How do you spell that?

A. I really don't know. I just heard him say it.

20 Q. Is it spelt E-S-T-R-A-G-O-L?

A. I don't know. Your guess is as good as mine.

THE COMMISSIONER: He's the one that gave it the name.

25 THE WITNESS: Yes. Subsequently, it was



identify as furazbol, a generic name name.

MR. ARMSTRONG:

Q. Yes.

5 A. I could spell that one, if you want?

Q. All right.

A. F-U-R-A-Z-B-O-L.

Q. All right.

THE COMMISSIONER: Furazbol?

10

MR. ARMSTRONG:

Q. Yes.

15 A. And he believes that this was a  
superior substance. It was similar, in fact, to Winstrol  
but it was not as harsh on the system and had a very short  
clearance time.

Q. What was the reputed clearance time of  
Furzabol?

20 A. To his knowledge, at that time it was  
two weeks.

Q. And ---

A. Or less.

THE COMMISSIONER: It's also an anabolic  
steroid.

25

THE WITNESS: Yes, indeed.



THE COMMISSIONER: A banned substance?

THE WITNESS: Yes.

MR. ARMSTRONG:

5 Q. Now, you've got me slightly confused which isn't a new thing for me. In 1985, Dr. Astaphan had your athletes on water based Dianabol. You've said that you found a new drug in the fall of '85 leading into the '86 season called Estragol which he thought was milder than Winstrol. I thought we had perhaps left Winstrol or stanozolol behind because of the effect that it appeared to have on your athletes that had been taking a couple of years earlier or whenever it was?

10 A. That compound was known to be very mild on the system and so on. He felt it would be superior to the injectable Dianabol. Indeed, very quickly afterwards, it appeared to be superior from subjective observations.

15 THE COMMISSIONER: I'm sorry. I didn't hear you. You are dropping your voice.

20 THE WITNESS: It appeared to be superior.

THE COMMISSIONER: You haven't started using it yet.

THE WITNESS: Well, we were taking his word for it, that it would be better, and indeed it was.



MR. ARMSTRONG:

Q. And did he tell you where this drug Estragol or Furazbol was manufactured or distributed?

A. No.

5 Q. He just told you he discovered a new drug?

A. Yes.

Q. And presumably then he recommended that your athletes take it?

10 A. Yes.

Q. And was there then a program employed by him in the fall of 1985 leading into the '86 season which involved Estragol or Furazbol?

A. Yes, there was.

15 Q. And who administered that, the program?

A. Dr. Astaphan did.

Q. And do you recall now, first of all, who was on the Estragol or Furazbol program?

20 A. Well, initially it was only Ben and Tony, I believe.

Q. That's Ben Johnson and Tony Sharpe?

A. Yes.

Q. Yes?

25 A. Angella was still in nursing and still coming back from child birth and so on. Then there was a



training camp in Guadeloupe where the athletes were using just the inocine and B-12.

Q. The training camp in Guadeloupe was when?

5

A. The December period.

Q. December '85?

A. Yes.

10

Q. All right. So, Ben Johnson and Tony Sharpe then were on the Estragol program in the fall of '85 administered by Dr. Astaphan?

THE COMMISSIONER: Did you discuss the change of the drugs were your athletes?

15

THE WITNESS: He did. I had brief discussions with them afterwards but not about whether or not they would. The only discussions I recall was, where I was involved, was with Tony Sharpe who didn't particularly like the new drug as well as the old one.

20

THE COMMISSIONER: I thought you told me the coach would have to know what drug they were on to adjust the training program?

THE WITNESS: I knew that they were on the drug.

THE COMMISSIONER: How did you know that?

25

THE WITNESS: Because I was told by them and Dr. Astaphan.



THE COMMISSIONER: Told by whom?

THE WITNESS: Dr. Astaphan and them.

THE COMMISSIONER: Did the athletes tell you, too?

5

THE WITNESS: Yes.

THE COMMISSIONER: All right.

MR. ARMSTRONG:

Q. And particularly, did Ben Johnson tell  
10 you that he was on this new drug called Furazbol?

A. Not -- he never named it.

Q. What sort of thing would he have said,  
if you can recall?

A. Not repeatable but something to the  
15 effect that this stuff is really good, you know, and  
mentioned how much better he felt training and also when  
he was lifting.

Q. This is important. What were his  
precise words, if you can recollect them?

A. I can recollect them but -- 'This is  
20 good...blank'.

Q. Well, how about, 'This is good shit,'  
something like that?

A. I think that would just about cover it.

25

Q. I don't think my mother is watching.



A. Your mother doesn't have Roger's Cable?

THE COMMISSIONER: Well, before that you discussed it with Dr. Astaphan? Is this also injectable, I guess?

5

THE WITNESS: Yes, it is.

THE COMMISSIONER: And as far as you know, were they injected by Dr. Astaphan?

10

THE WITNESS: Yes.

THE COMMISSIONER: What about in Guadeloupe, again?

THE WITNESS: Well, in Guadeloupe they didn't take any of the stuff there.

15

THE COMMISSIONER: We're now, in the ---

THE WITNESS: The inocine. First of all I should point out that Ben did not go to the Guadeloupe training camp.

20

THE COMMISSIONER: In the fall of '85.

THE WITNESS: No. At that point he was still in Toronto and I'm not sure exactly what he continued to get with Dr. Astaphan.

MR. ARMSTRONG:

25

Q. And going back again to to Ben Johnson, when he said that the stuff was good, I judged from what you were saying, he was saying it was good in comparison



with something else?

A. In comparison to anything we had used previously.

THE COMMISSIONER: Mr. Armstrong, when was  
5 that discussion, Mr. Francis.

THE WITNESS: Actually, that was in the fall -- that was in the fall.

THE COMMISSIONER: In the fall of '85?

THE WITNESS: Yes, prior to our going to  
10 Guadeloupe.

THE COMMISSIONER: He didn't go to  
Guadeloupe. Did Tony Sharpe go to Guadeloupe?

THE WITNESS: Yes, he did. but, in  
Guadeloupe we had the inocine and B-12 but not the  
15 steroid.

MR. ARMSTRONG:

Q. And do you know what dosages Johnson  
and Sharpe received from Astaphan?

A. Well, at that time, there was a  
20 discussion about changing the protocal because he believed  
that steroids should not be used sort of after training  
had commenced and added into the program.

He thought they should start the program  
simply because the athlete would be training under stress  
25



and his system would be getting overloaded and then he would taking the anabolic steroid in an attempt to recover back to normal.

He thought why not start off and hit it again and then you would be able to cease the anabolic much earlier in the training year. So, you would be using it the same amount as at any other time, but starting it much earlier.

So, he made that adjustment, starting it earlier and ending it earlier, and also he gave a dosage. He was recommending a higher amount in the beginning and a lower amount.

THE COMMISSIONER: All by injection?

THE WITNESS: All by injection, yes.

THE COMMISSIONER: But different cycles, is that right, different cycles? Or is it the same cycles, three weeks on and three weeks off.

THE WITNESS: No, no. In fact, he went a six week period through.

THE COMMISSIONER: During the training.

THE WITNESS: During the training.

THE COMMISSIONER: During the training, that was changed?

THE WITNESS: At the beginning of the cycle of training.



MR. ARMSTRONG:

Q. But during this six week cycle at the beginning of the training, would it be the same dosage throughout or would there be a tapering?

5 A. There would be a diminishing amount throughout. Three shots per week in the first two weeks or three weeks and then two shots a week afterwards.

Q. And do you know in what quantities?

A. One cc. per injection.

10 Q. All right.

A. Mixed with inocine, as well.

Q. And then did, so far as you know, Sharpe understand that this Furazbol was an anabolic steroid?

15 A. Yes.

Q. And so far as you're aware, did Ben Johnson understand that Furazbol was an anabolic steroid?

20 A. Yes. We shouldn't use the name. They understood that what they were getting was an anabolic steroid. The name Furazbol was not used at that time.

THE COMMISSIONER: What did it look like?

THE WITNESS: Again, it's a white liquid, milky white liquid. The other thing that I'd point out, at that time, that Tony Sharpe had a discussion with me and later with Dr. Astaphan, he did not like the stuff as

25



well as the water based Dianabol and he asked Dr. Astaphan to go back to the original substance because he felt it was better and Dr. Astaphan wouldn't do it because he felt that the new substance was superior and it was milder.

5

MR. ARMSTRONG:

Q. All right.

THE COMMISSIONER: And from a performance -- we don't know yet. Mr. Johnson didn't go to Guadeloupe then in the fall of '85?

10

THE WITNESS: No.

THE COMMISSIONER: You were there yourself.

THE WITNESS: Yes.

15

THE COMMISSIONER: So, would he be training? Was he hurt or why didn't you go to Guadeloupe?

THE WITNESS: No, he just didn't like it there. He didn't want to go.

THE COMMISSIONER: So, you picked up the training again when you got back from Guadeloupe?

20

THE WITNESS: Well, he was training right through but we had to leave the program for him to do.

THE COMMISSIONER: So far as the program, you would pick him up when you came back?

25

THE WITNESS: Yes. Ben simply -- there are certain things like he likes to do, certain things he



doesn't. He doesn't like Guadeloupe, for some reason. He spent a week with his father in Jamaica and the rest of the time he trained in Toronto.

5

MR. ARMSTRONG:

Q. Mr. Francis, moving you into calendar 1985, in the winter months?

A. '86.

10 Q. Sorry, '86. I have to sit down. Mr. Francis, in calendar '86, what was the steroid program for your athletes?

15

A. Well, again, after the indoor competitions were over -- of course, they weren't on the -- started again on steroids in the spring, during the training camp in Florida.

Q. Yes?

A. And they were using Estragol again in the same protocol.

20

THE COMMISSIONER: They are now who? Who are they?

THE WITNESS: This time we have Angella ---

THE COMMISSIONER: Is she back? She's back now.

25

THE WITNESS: She's now back in full training. She's been training for sometime, but not using



a steroid. Then she began again. There was Angella Issajenko, Tony Sharpe, Ben. And at that time another athlete, Cheryl Thibedeau, started on anabolic steroids.

THE COMMISSIONER: Who was that, Cheryl

5 Thibedeau?

THE WITNESS: Cheryl Thibedeau. And also two more athletes, Kevin Tyler and Andrew Mowatt, who also began a program with Dr. Astaphan at that time.

10 MR. ARMSTRONG:

Q. And did this program again involve the use of the drug you've described as Estragol?

A. Yes.

Q. Did it also involve another drug?

15 A. The inocine, yes.

Q. And at some point in time during 1986, did the drug, stanozolol, get introduced back into the scene?

20 A. Well, Dr. Astaphan felt that it was a good drug for certain purposes. He wanted to use it as a stacking agent in the beginning of the cycle of training. And he recommended that ---

THE COMMISSIONER: Stacked on the Flurazbol?

25 THE WITNESS: Yes, he would use it for the first two weeks of the institution of the program. He



suggested 4 milligrams a day to be added to that and only Ben used it.

MR. ARMSTRONG:

5 Q. Sorry, only Ben used the stanozolol?

A. Yes. The other than athletes didn't like it.

THE COMMISSIONER: Stacked on what you say is the Flurazbol?

10 THE WITNESS: Yes.

THE COMMISSIONER: That started when?

THE WITNESS: In '86, the fall, I guess.

THE COMMISSIONER: The fall of '86.

15 THE WITNESS: Fall of '85, the beginning of '86. And, once again, in the spring.

MR. ARMSTRONG:

Q. Even the mighty fall on that point.

20 MR. PORTER: Sorry, I didn't hear the Commissioner, stacked on what?

THE COMMISSIONER: What he calls Flurazbol.

MR. ARMSTRONG:

Q. All right. Then ---

25 A. I might point out again this was to be



used for a period of two weeks but Ben came back and complained about it very rapidly. He said he felt stiff on it very rapidly. So within a week or so he ceased. So, he would usually only use it for perhaps a week.

5

Q. So, he had some stanozolol in the training period for a week or so in the fall of '85?

A. Yes.

Q. And in the spring of '86, during the cycle of Estragol, Flurazbol, he also had some stanozolol in that period of time?

A. Yes, that's correct, for about a week.

Q. Was the stanozolol given on the advice of Dr. Astaphan?

A. Yes.

15 THE COMMISSIONER: Was it in pill form or liquid form?

THE WITNESS: Pill form.

MR. ARMSTRONG:

20 Q. And again at this time, back in '82, we had discussed what the colour of the Winstrol, stanozolol pills were. What was the colour of the pills in the fall of '85?

A. Well, I'm assuming they were pink but Dr. Astaphan gave them directly to Ben. I didn't see

25



them; I was just told about them.

5

Q. Now, in the fall of 1985 and you said that Johnson couldn't make it through the two week period on the stanozolol because he got stiff and he spoke to you about it, what, in fact, did he say?

10

A. He just said I'm not going to take them through the the two weeks because they just make me stiff.

Q. When he said them, what was he referring to?

A. The Winstrol and then he named it.

Q. And then in the spring of 1986, when he took Winstrol for a seven day period, what if anything did he have to say to you about take the Winstrol at that time?

15

A. He didn't say anything about it because he stopped it before he got stiff.

20

Q. All right. Then again in the competitive training -- competitive season of 1986, can you just in summary take me through the cycles? We've covered Sharpe and Johnson in the fall of '85. Take me through the rest of '86 as to what the cycles were, if you will, please?

25

A. Well, they had around a six week period starting in March, around the middle of March, during the spring break in Florida and that continued to the end of



the six week period.

Then towards the end of May, late May, they had a competition in Provo, Utah and then Ben had a competition in San Jose and ---

5

Q. That's the Bruce Jenner meeting in California?

A. Yes. And where he beat Carl Lewis.

And then he was back in Toronto for, I think -- yes, Toronto. There was a meet in Vancouver in the '86 season where Angella and Ben competed and -- let me think now.

10

Then we had -- basically got prepared for the national championships.

Q. And the national championships in 1986 would have been approximately when?

15

A. I believe they are the third week in June.

Q. Third week in June?

A. Yes, because it was an earlier season.

Q. I see. And in preparation for the national championships in June, would there have been any performance enhancing drugs taken in that period?

20

A. Not at that point, no.

25

Q. So then in calendar '86, leading up to the end of the competitive season, is there just then the spring six week period when the athletes are taking the



Estragol and Ben Johnson is taking the Estragol plus a seven day period of Winstrol?

A. Yes, that's correct.

5 Q. And through this period, as I understand it, they are all taking regular shots of inocine, vitamin B-12 mix?

10 A. Yes, that's correct. I might also point out that the inocine and B-12 were fairly effective and seemed to help and usually, with the steroids they would decrease, with the inocine they would increase as the closer they got to competition. They would take it sometimes for two or three shots in the week before a major race.

15 Q. Now, in this period of time, the competitive season 1986, I don't know whether you can generalize and it's probably an unfair question to ask you but -- and if it is, just say so and we'll go at it one at a time -- but what effect, if any, did it appear that this program of Furazbol had on these athletes who were taking them? Did their performances improve?

20 A. Well, some improved, some didn't. Depends on the individual very much. Not every individual improves or responds to the same drug in the same way. So sometimes you have to find ---

25 Q. Well, let me take ---



A. ---the right combination of things.

Q. Let me take Ben Johnson, first of all. What was your assessment as to what effect, if any, the program of Estragol stanozolol had on his performance?

5 A. It seemed -- it was difficult to ascertain because his levels of performance by the end of the 1985 season were very high indeed. Obviously, having run 10.00 into a .5 metre head wind indicated that he was ready for something sub-ten seconds.

10 And 1986, I guess the main difference was his performances were much more consistent and he ran the 9.95. He indicated to me he was capable of 9.90 in that season. So, if you took capability to capability, my assumption was he improved from the ability to run 9.95 in '85 to the ability to run 9.90 in '86.

15 Q. And then what about Tony Sharpe? What, if you can say, what effect, if any, did the steroid program appear to have on Sharpe at this time?

20 A. Well, Sharpe was having problems with his achilles tendon and sometimes the fluid retention that can be caused by anabolic steroids can make the tendons more stiff. So, he didn't respond particularly well and achilles problems really gave him trouble almost all year. He missed the Commonwealth Games in fact.

25 He initially had injured his achilles. He



had fallen down a flight of stairs on the ice in 1980 and tore the tendon sheet in the achilles and seemed to have recurring problems with it throughout his career.

5 Q. Then again, I'm going to ask you a general question that may be unfair, but up to this period of time in 1986 you had had a group of athletes on anabolic steroids starting in 1979 with Angella Issajenko and then in 1981 with Ben Johnson, Desai Williams and Tony Sharpe.

10 And did you become aware at any time during the period '79 through '86 of any of your athletes having suffered any of the adverse side effects that are said to accompany the taking of steroids?

15

20

25



A. No, I did not.

Q. All right. And you told us, Mr. Francis, about your own experimentation with Dianabol as an athlete back in 1973 when you had gone to a physician 5 and received a prescription. Did you, at any time, after 1973, have occasion yourself to again take steroids?

A. Yes, I did.

Q. When was that?

A. In the '85/'86 period. I talked to Dr. 10 Astaphan about it myself and I told him I wanted to try it myself to try and get some sort of a perspective on the effects of it. And, of course, since I had scar tissue on my hamstring, I wouldn't be able to run, you know, the kinds of speeds or give it much of a test in that regard, 15 but certainly in the weightlifting and so on, I would have an indication of its effectiveness, what I could expect in terms of any mood or alterations that it might cause.

Q. All right. And so, did Dr. Astaphan agree to administer some steroids to you?

20 A. Yes.

Q. And what did you take?

A. I took the Estragol for a period of 25 about five weeks.

Q. Five weeks?

A. Yes.



Q. And were you getting injections?

A. Yes.

Q. From whom?

A. From Dr. Astaphan.

5

Q. And in what quantities?

A. One cc twice a week.

Q. And what effect, if any, did the  
injections of Estragol have on you?

A. I was beginning to get back in shape at  
10 that time, began weightlifting and the weightlifting  
improved quite rapidly. I went from ---

THE COMMISSIONER: Did you ever see as what  
you describe as Furazbol as a white liquid substance?

THE WITNESS: Yes.

15 THE COMMISSIONER: Did you ever see a label  
on it or how did you ---

THE WITNESS: No.

THE COMMISSIONER: Go ahead.

20

MR. ARMSTRONG:

Q. All right.

MR. COMMISSIONER: I'm sorry, Mr. Armstrong.  
Then you took it you said for some six weeks?

THE WITNESS: Yes.

25

MR. ARMSTRONG: You took it for five or six



weeks ---

THE COMMISSIONER: Three times a week is what you're saying?

THE WITNESS: Twice a week.

5

MR. ARMSTRONG:

Q. You started to get back into shape, your weighlifting improved?

A. Yes. And I went from a baseline, I was doing 200 pounds in the benchpress. I went up to 320 in the benchpress within that period of time.

15

Q. And you will believe me on this, I really don't know what that means, but did you come to some conclusion that that was pretty good and it had some relation to the Flurazbol?

20

A. Yes, definitely. I should explain that I've been competitive before I was lifting at those levels or higher but, you know, it came back up to what I had been lifting some years before very quickly.

Q. What about the adverse side effects?

Did you experience any?

25

A. Not to my knowledge, no. Seemed to be very little effect on mood or anything. Possibly some elevation in mood, but not the sort of mood change you would expect with Dianabol or it's more noticeable.



MR. ARMSTRONG: That might be a good point?

THE CHAIRMAN: Thank you. We will adjourn until tomorrow morning at ten o'clock.

5

---Whereupon the proceedings were adjourned.

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